

第十六輯
Volume 16

2015年度红楓傳奇人物

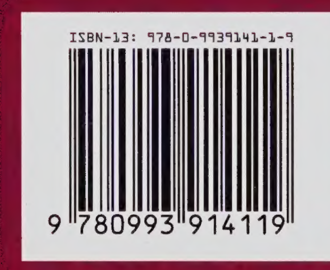
陳秀蘭　科研奮不停　眼疾病童見光明
張明瑞　夢想創奇　改變世界
　　　　人類福祉一先驅
陳漢忠　翰墨傳真　弘揚國粹義不辭
顏質燦　融會中西醫之道
　　　　化解常人痛之苦
侯伯治　一生一熱愛
　　　　琴弦譜出人生樂章
李秀梅　無私無求
　　　　只求真善美的義工典範



華商網絡協會
榮譽出版及發行

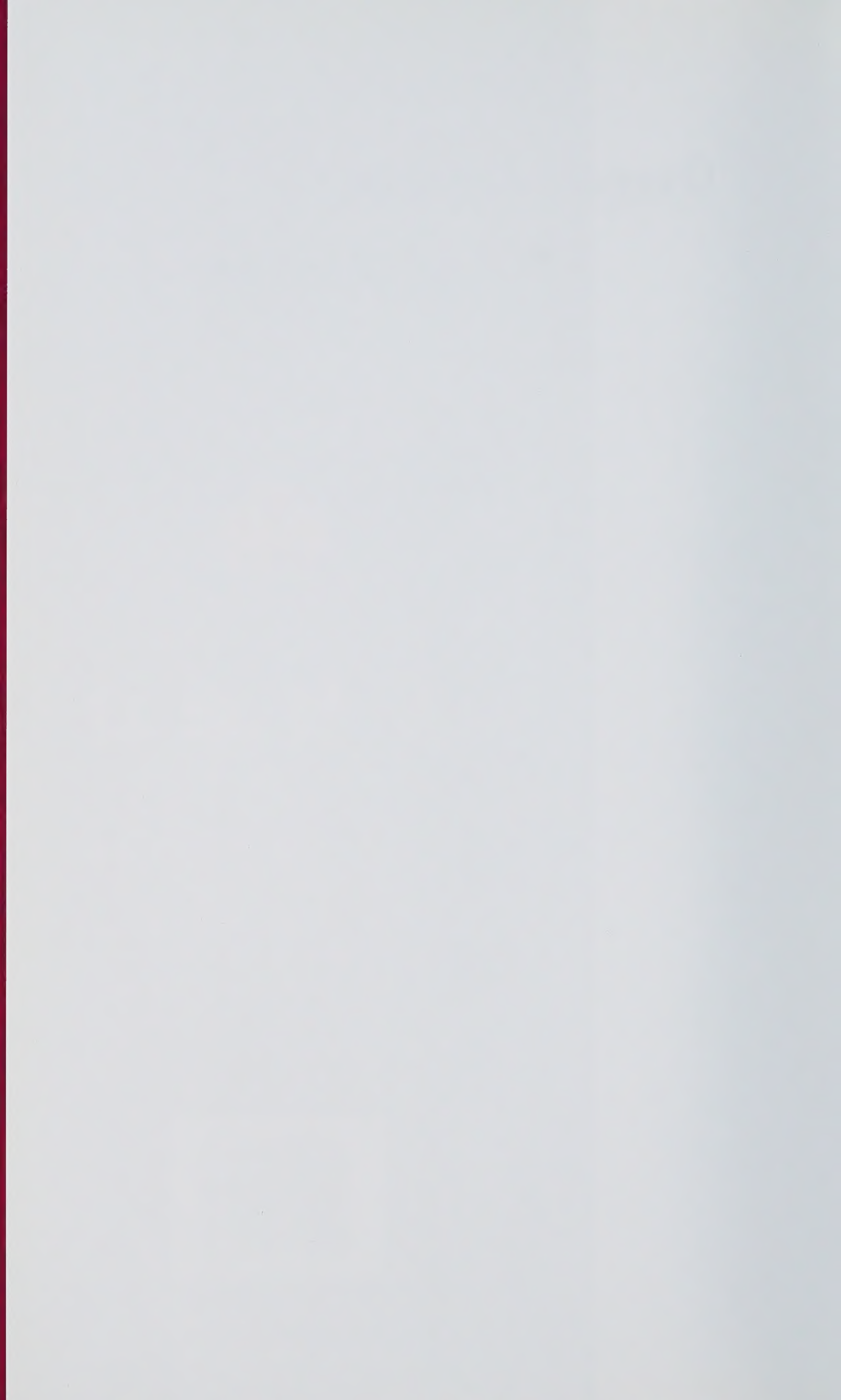
红楓傳奇
Chinese Canadian Legend

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Over the Rainbow,
The Legend Glows

活出彩虹締傳奇



Chinese Canadian Legend 2015

presented by

Asian Business Network Association

Honourary Patrons

The Honourable Dr. Vivienne Poy

The Honourable Philip Lee

Organizing Committee Co-Chairs

Dennis Au-Yeung

Alexandra Ngan

Selection Committee Chair

Stanley Kwan

Editorial Committee Chair

Stephen Siu

President

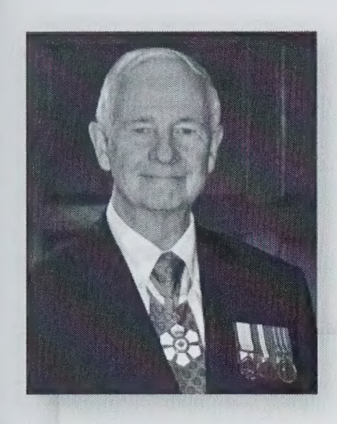
Asian Business Network Association

Bammy Wong

Contents



賀辭
Greetings





THE GOVERNOR GENERAL · LE GOUVERNEUR GÉNÉRAL

I am pleased to congratulate all those being honoured at the Chinese Canadian Legend 2015 Award Gala.

When we give—whether in time, talent or money—we grow as individuals and as a community. As governor general, I firmly believe Canada has benefited richly from the contributions of professionals, entrepreneurs, volunteers and philanthropists who have dedicated themselves to helping others. Today, the Asian Business Network Association honours those who have demonstrated a stalwart commitment to enriching the lives of their fellow Canadians.

I congratulate all of you on this honour and I thank you for making Canada a smarter, more caring place to live.

David Johnston

October 2015

1 SUSSEX DRIVE · 1, PROMENADE SUSSEX
OTTAWA · CANADA · K1A 0A1 · WWW.GG.CA

賀☆辭 Greetings





中华人民共和国驻多伦多总领事馆
The Consulate General of the People's Republic of China
240 St. George Street, Toronto, Ontario, Canada M5R 2N5 Tel: 416-964-7260 Fax: 416-324-6468

贺 信

华商网络协会：

值此2015年度"红枫传奇"颁奖晚会举办之际，我谨代表中国驻多伦多总领事馆致以热烈祝贺，并向出席今晚活动的各位嘉宾和朋友们致以诚挚问候。

近年来，中加两国交流与合作日益密切，给广大华侨华人带来更多发展和成功的机遇。贵会自成立以来，抓住历史机遇，积极促进中加经贸往来，在华社倡导自强不息、拼搏进取、服务社区、热心公益的优良传统，通过举办晚会并出版书籍，表彰成绩突出的华裔人士，肯定他们对社区和国家做出的贡献。我相信，通过举办"红枫传奇"颁奖晚会，将有更多的华侨华人以他们为榜样，更好地服务社区，为加拿大经济社会发展做出更大努力。

最后，向今晚的获奖嘉宾表示最热烈的祝贺！希望大家再接再厉，在各自领域继续施展才干，为社会做出更大的贡献，为中加友谊添砖加瓦！

中华人民共和国驻多伦多总领事

二〇一五年十月三十一日

賀☆辭
Greetings





Hong Kong Economic & Trade Office
The Government of the Hong Kong Special Administrative Region
香港特別行政區政府香港經濟貿易辦事處

October 31, 2015

On behalf of the Hong Kong Economic and Trade Office (HKETO), I would like to extend my warmest greetings to everyone attending the annual Chinese Canadian Legend 2015 Award Gala organized by the Asian Business Network Association (ABNA).

Since its establishment in 1994, ABNA has been working diligently to promote and acknowledge the achievements of the Chinese immigrants in Canada. It is also committed to strengthening the network and mutual support between the Canadian Chinese business community and the mainstream. In 2000, ABNA initiated the first Chinese Canadian Legend Award to pay tributes to the outstanding Chinese Canadians for their tremendous contributions to the community and other areas through their professions. Over the years, ninety-five awardees have been recognized and honored as the inspiring role models for the new immigrants and younger generation in the community.

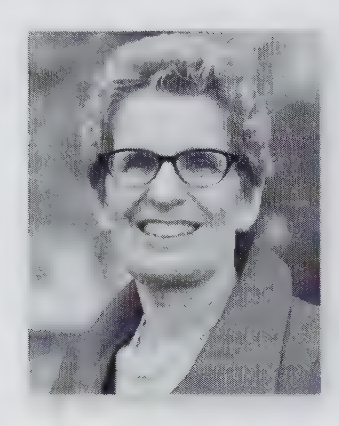
With a very close social link with Canada, Hong Kong people are also inspired by the success stories of the Chinese Canadian Legend Award recipients who have long years of contribution to the society on various fronts - social, cultural and economic. Their hard work, dedication, resilience and commitment are amazing. Hong Kong shares with them the same "can do" spirits which our people are proud of as a key driver for the continuous success of our city.

I give my warmest congratulations to all recipients of the awards and wholeheartedly wish the event a great success.

Gloria Lo
Director

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Web Site: www. hketo.ca E-mail: info@hketotoronto.gov.hk







Premier of Ontario - Première ministre de l'Ontario

October 31, 2015

A PERSONAL MESSAGE FROM THE PREMIER

On behalf of the Government of Ontario, I am pleased to extend warm greetings to everyone attending the Chinese Canadian Legend 2015 Award Gala, hosted by the Asian Business Network Association (ABNA).

The strength of our province is rooted in the diversity of our people. Ontario is proud to be home to a vibrant Chinese Canadian community that has enriched Ontario's social, cultural and economic life in many ways. As members of that community, you continue to contribute immensely to our multicultural success story — making Ontario an even better place to live, work and play.

This event is an ideal occasion to recognize the achievements of outstanding Chinese Canadians. It is also an invaluable opportunity to learn more about the remarkable contributions these individuals have made to our province. By honouring these exceptional individuals for their spirit, vision and commitment to excellence, these awards are helping to inspire other Chinese Canadians, as well as Ontarians of all backgrounds, to follow in their footsteps.

Please accept my best wishes for an enjoyable and memorable gala.

Kathleen Wynne
Premier





Premier's Message

On behalf of the Province of Nova Scotia and my colleagues at the Nova Scotia Legislature, it is my pleasure to extend best wishes to the Asian Business Network and the annual Chinese Canadian Legend Award Gala.

The province is proud to support the Chinese-Nova Scotian community and its commitment to celebrating Nova Scotia's vibrant culture. Our diversity builds strong communities in every part of our province.

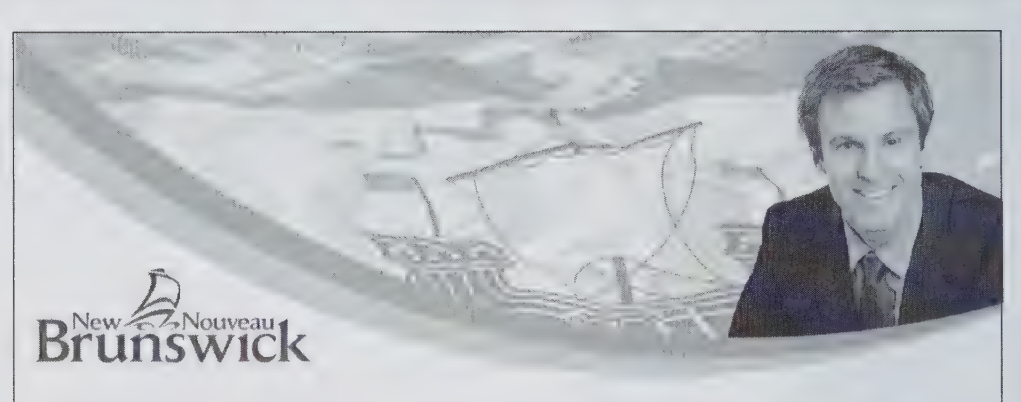
Congratulations to the Asian Business Network Association for its 16th year of honouring the outstanding achievements of Chinese Canadians.

Sincerely,

Stephen McNeil

Honourable Stephen McNeil, M.L.A.
Premier





As Premier of New Brunswick, I am pleased to congratulate the Asian Business Network Association (ABNA) on the 16th anniversary of the Chinese Canadian Legend Award Gala.

These prestigious awards recognize and honour Chinese Canadians who have made significant contributions to their communities through outstanding achievements in their field.

Our government believes in inclusive communities, building relationships, supporting families and investing in culture. We are proud to have a vibrant Chinese culture flourishing in our province.

The different cultures and traditions, which make up the cultural mosaic of New Brunswick, enrich our way of life and offer new opportunities to strengthen our economy, revitalize and rejuvenate our communities, and promote our province to the world.

We welcome and appreciate the many contributions of our Chinese citizens, and look forward to their continued support and cooperation in building a better and brighter future in New Brunswick and across Canada.

Congratulations to all the 2015 Chinese Canadian Legend award winners whose inspiring stories are featured in this book series.

Honourable Brian Gallant, Premier

À titre de premier ministre du Nouveau-Brunswick, il me fait plaisir de féliciter l'Asian Business Network Association (ABNA) à l'occasion du 16e anniversaire du gala de remise du prix Chinese Canadian Legend Award.

Ce prix prestigieux récompense et honore les Sino-Canadiens qui ont contribué de façon appréciable à la vie de leur communauté grâce à leurs réalisations exceptionnelles dans leur domaine.

Notre gouvernement croit qu'il est important de bâtir des communautés inclusives, d'établir des relations, d'aider les familles et d'investir dans la culture. Nous sommes fiers d'avoir dans notre province une culture chinoise dynamique en plein essor.

Les différentes cultures et traditions, qui forment la mosaïque culturelle du Nouveau-Brunswick, enrichissent notre mode de vie et offrent de nouvelles possibilités de renforcer notre économie, de revitaliser et de rajeunir nos collectivités, et de promouvoir notre province à l'échelle internationale.

Nous saluons et apprécions à leur juste valeur les nombreuses contributions de nos citoyens d'origine chinoise, et nous comptons sur leur collaboration soutenue pour bâtir un avenir meilleur au Nouveau-Brunswick et au Canada.

Je félicite tous les lauréats du prix Chinese Canadian Legend 2015, dont les histoires qui figurent dans cette série de livres sont une source d'inspiration.

L'honorable Brian Gallant, premier ministre



賀☆辭 Greetings





PREMIER OF MANITOBA

Legislative Building
Winnipeg, Manitoba CANADA
R3C 0V8

A MESSAGE FROM THE PREMIER

On behalf of the Province and people of Manitoba, I am proud to congratulate all of the recipients of the 2015 Chinese Canadian Legend Award.

This year's theme, "Over the Rainbow, the Legend Glows," captures the incredible array of talent represented at this year's awards. Like the distinct colours of a rainbow, each recipient has led a luminous career that is uniquely their own. They are the leaders, builders and innovators who have shaped our great country with their passion and dedicated spirit. Their legacy will certainly continue to light our lives for many years to come.

Once again, congratulations to all of this year's award recipients. It is in recognition of your impact on Canadian families and the greater community that I thank you for your service.

Greg Selinger







A Message from Premier Christy Clark

As Premier of the Province of British Columbia, it is my pleasure to welcome everyone to the Asian Business Network Association's 16th Chinese Canadian Legend Award Gala.

This annual event is a wonderful way to celebrate and honour outstanding role models in the Chinese-Canadian community. The recipients of tonight's award should be proud of their accomplishments and the many contributions they have made towards making our province strong.

I would like to take this opportunity to thank the Asian Business Network Association for bringing together this event for another year and for highlighting the incredible work Chinese Canadians are doing in British Columbia.

Please accept my best wishes for a memorable night and to the award recipients — congratulations!

Sincerely,

Christy Clark
Premier





Message From Premier MacLauchlan

On behalf of the Province of Prince Edward Island, it is my distinct pleasure to join with the Asian Business Network Association in recognizing and honouring those Chinese Canadians who have made significant contributions to Canada and the world community through their outstanding achievements.

This year marks the 16th edition of *Chinese Canadian Legend*, the publication that immortalizes these upstanding individuals. *Chinese Canadian Legend* acknowledges that self-confidence, creativity, initiative and leadership are the basis for independence and success in life. The award recipients are important role models in their communities.

Your courage and indomitable spirit, as well as your efforts to encourage and develop the entrepreneurial spirit in others make you very deserving of this special recognition and honour. Congratulations to all of you and all the best in your future endeavours.



Wade MacLauchlan
Premier of Prince Edward Island







2015 Chinese Canadian Legend Award Gala

On behalf of the Government of Saskatchewan, I am pleased to welcome you to the 16th Annual Chinese Canadian Legend Award Gala, hosted by the Asian Business Network Association (ABNA).

This annual award gala honours Chinese Canadians who have made significant contributions to our community. This year's recipients will join a select group of ninety-five individuals from across Canada who have received this prestigious award since 2000. I join you in commending them for their commitment, vision, and community involvement.

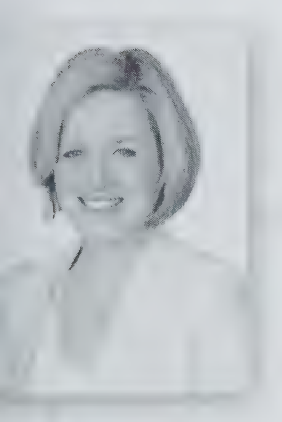
Thank you to the ABNA for your long-standing efforts in organizing this annual event. Thank you also to the presenters, volunteers and sponsors, without whom this event would not be possible.

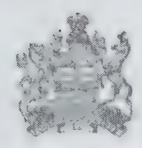
Best wishes for a memorable evening.

Brad Wall
Premier

pcu-regina







Premier of Alberta

Office of the Premier, 307 Legislature Building, Edmonton, Alberta T5K 2B6 Canada

Message from Honourable Rachel Notley
Premier of Alberta

On behalf of the Government of Alberta, it is my pleasure to welcome you to the 2015 Chinese Canadian Legend Award Gala.

Asian Canadians have made countless contributions to Alberta and Canada. This gala showcases a heritage of achievement, and encourages others to find success in business and community service.

On behalf of the Government of Alberta, I commend all recipients on their dedication, efforts and achievements in building a greater society through the Asian Business Network Association.

And thank you to the association's members for the tireless hours and dedication they have given to make this event a success. May the heartfelt tributes given today inspire future volunteers.

Rachel Notley

October 31, 2015



Message from the Premier

On behalf of the government and people of Newfoundland and Labrador, I join the Asian Business Network Association in celebrating the six recipients of the 2015 Chinese Canadian Legend Award, which recognizes outstanding role models in the Chinese community in Canada.

I appreciate the theme of this year's celebration – "Over the Rainbow, the Legend Grows". These Maple Legends can indeed inspire all of us to remember that, in a time of challenge, we can rise above it like the rainbow.

Newfoundlanders and Labradorians are especially happy to celebrate the many outstanding role models of Canada's Chinese community. For generations, both before Confederation and throughout our 66 years as Canada's youngest province, great men and women of Chinese ancestry have been instrumental in building Newfoundland and Labrador and making it the kind of place it is today. Canada's Far East resonates with the values of Asia's Far East. Ideals that for millennia have been at the heart of Chinese communities – ideals such as the importance of family, community, diligence and integrity – are also at the heart of Newfoundland and Labrador's identity. Our Chinese ancestry is an integral part of who we are, and a good part of the reason that we will be even stronger tomorrow than we are today.

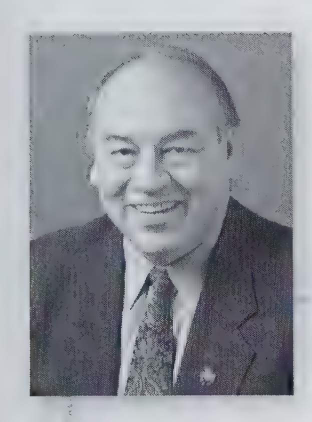
May all of us continue to celebrate the continuing contributions of Chinese Canadians. Best wishes one and all!

The Honourable Paul Davis
Premier of Newfoundlandland and Labrador

www.gov.nl.ca

Newfoundland Labrador







THE PREMIER OF THE NORTHWEST TERRITORIES

Asian Business Network Association
Chinese Canadian Legend 2015 Award Gala

Premier's Message

On behalf of the people and government of the Northwest Territories, I wish to extend my heartfelt congratulations to the award recipients on being recognized as a Chinese Canadian Legend for 2015. Canada is fortunate that you have made your home in our country, and your contributions to Canada and your community have improved the lives of everyone. You join a distinguished group of previous Legends, and I know you will continue your endeavours in making Canada a truly special place to call home.

Robert R. McLeod



MESSAGE FROM CO-CHAIR OF ORGANIZING COMMITTEE

"Be a rainbow in someone's cloud"

Chinese Canadian Legend award recipients are those who not only create a rainbow in their own lives, but also become a rainbow in someone's cloud.

It is our great pleasure to honour the 2015 Chinese Canadian Legend award recipients.

The theme of 2015 Chinese Canadian Legend is "Over the Rainbow, the Legend Glows". May the legendary stories of our awardees inspire each and every one of us to live a life as luminous as the rainbow and "be a rainbow in someone's cloud".

自2007年第八屆紅楓傳奇開始，籌委會每年都為紅楓傳奇構思一個獨特的主題。今年「紅楓傳奇」的主題是「**活出彩虹締傳奇**」，希望大家從得獎者振奮人心的傳奇故事中得到啟迪，在逆境中活出自我，在困境中為自己及他人畫出彩虹，綻放光芒！

顏惠霞律師
籌委會共同主席
Alexandra Ngan
Organizing Committee Co-Chair



MESSAGE FROM CO-CHAIR OF ORGANIZING COMMITTEE

Dear Friends,

I am honored to co-chair the Chinese Canadian Legend Award once again this year.

Since its inception sixteen years ago, the Asian Business Network Association has recognized 94 outstanding Chinese Canadians for their achievements both locally and globally. This year's Chinese Canadian Legend Award recipients include a Nobel Prize nominee, recipients of the Order of British Columbia, Ontario and Canada, as well as everyday unsung heroes working within our own communities. Tonight, we are proud to share the success of these recipients, each one truly deserving in their own right.

The theme of this year's event, "Over the Rainbow, the Legend Glows", truly encapsulates the spirit of our 2015 award recipients. It is believed that the rainbow is a symbol to follow our heart's desire and purpose. Each one of this year's Chinese Canadian Legend Award recipients faced adversity yet continued to follow their heart's desire and live their life with purpose and determination. I take great pride in congratulating the 2015 Chinese Canadian Legend Award recipients. May their success continue to inspire and motivate our future Chinese Canadian Legends!

In closing, I would like to thank the Selection Committee, Organizing Committee and all of the volunteers. Your continued support ensures that the Chinese Canadian Legend Award Gala is a continued success year after year.

Dennis Au-Yeung
Organizing Committee Co-Chair



MESSAGE FROM CHAIR OF SELECTION COMMITTEE

Over the past few years, we have noticed more and more organizations in the Chinese community giving out awards to recognize outstanding leaders or achievers from the community, but the annual Chinese Canadian Legend Award has continuously received special attention from both the community and the media.

With so many volunteers and leaders in the Chinese community, it is a big challenge for the Selection Committee to select six individuals out of the many nominees. With 20 members making up the Selection Committee, many of whom are former Chinese Canadian Legend winners and individuals with significant credibility in and knowledge of the community; the Selection Committee worked through a long process in order to select the award recipients on a fair, equitable and unbiased basis.

During the process, the Selection Committee takes into account the various life experiences that these nominees have gone through and contributions they have made to the community, the country or the world; while their political and religious backgrounds are being ignored. By signing a confidential agreement for not disclosing any information outside the selection meeting, the backgrounds and contributions of each nominee are openly discussed among the members. Each nominee will be evaluated by every member of the Selection Committee on a no name basis and these evaluation reports were then summarized and tabulated by an independent auditor during the meeting in order to ensure the entire selection is transparent and fair. As a result of this tight procedure, we have experienced minimal disagreements when the award recipients are announced each year.

Through this book, stories of these six community leaders are being put forward; we hope others would be inspired by their experience and follow their pathway to serve Canadians and the communities that they love.

Stanley Kwan, FCPA, FCA, MBA
Chair Selection Committee
October, 2015

甄選團
SELECTION COMMITTEE

Chair

Stanley Kwan

Members

Dennis Au-Yeung
Emilie Chan
Audrey Chiang
Tony Ku
Allen Leung
John Leung
Lusan Li
Stella Li
Ying Lu
John Man
Albert Ng
Alexandra Ngan
Marianne Siu
Stephen Siu
Camilla Tong
Teresa Tsui
Kenny Wan
Albert Wong
Bammy Wong
Connie Woo
Judy Yeung

Auditor

William Ip, CA

Secretary

Peggy Leung
Viola Poon



編輯委員會主席
蕭顯揚

彩虹之歌

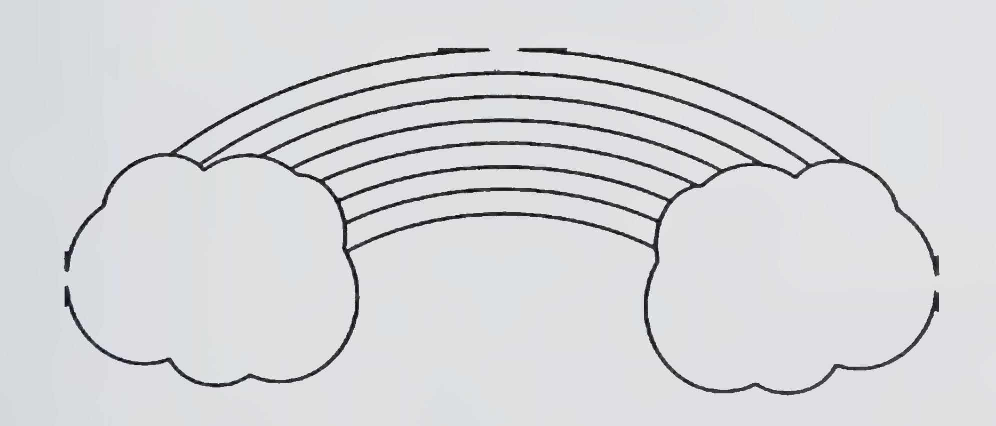
《真心英雄》主題曲有這段歌詞：「把握生命裡的每一分鐘，全力以赴我們心中的夢，不經歷風雨怎麼見彩虹，沒有人能隨隨便便成功，把握生命裡每一次感動。」這是今年六位紅楓傳奇人物的人生寫照，亦是過往獲獎人的心路歷程。

生命是短暫的，世事總是難如人意，紅塵陌上，幾許憔悴。彩虹也許是上天對人間的眷顧，當我們掙扎出風雨後的一抹長虹，那麼美！但它出現的時候，已經是在消逝之中。我們要把握的，就是這瞬間的永恆，在有限的生命中活出無限的色彩。一生能抓住多少彩虹？彩虹可否多留一會？這就要靠自己的努力。

如果挫折是一條崎嶇的高山險徑，堅毅美善的心靈則是一片廣闊的海洋，而橫跨水平線的彩虹就是生命每一戰役的勝利果實。古往今來，許多成功人士，都是擁有堅毅美善的心靈，而成功的背後往往都有一段刻骨銘心的傳奇故事，在險惡環境下，艱苦奮鬥才成為如斯美麗。

生命的可貴在於求真、求善、求美。讓我們一起尋覓生命中的絢麗，活出彩虹，享受它賜與的色彩。每一種顏色都有它的意義，正如五四時代唯美派詩人聞一多的《色彩》所說：「生命是張沒有價值的白紙，自從綠給了我發展，紅給了我熱情，黃教我以忠義，藍教我以高潔，粉紅賜我以希望… 我便溺愛於我的生命，因為我愛他的色彩。」

讓我們都用美善的心靈、樂觀的心態寫下人生的篇章，用頑強的鬥志來描繪這美麗的天空傑作！但願彩虹常飛舞，我們每人都有一個永不褪色的夢、彩虹似的夢。







MESSAGE FROM THE PRESIDENT

This year, once again six outstanding individuals will receive the Chinese Canadian Legend Award, joining the ranks of the 94 recipients recognized since 2000, the year the award was initiated.

The number of recipients now total a hundred, a key milestone not only in the history of the award itself, but also in the Chinese Canadian community.

The Chinese Canadian Legend Award project has come a long way, from a relatively unknown award to one of the most prestigious awards in the Chinese community across Canada. Along the way, we have received tremendous encouragement and support from the community.

In the last fifteen years, we have recipients not only from Ontario, but also from British Columbia, Manitoba, Quebec and Hong Kong. Their stories, in the Chinese Canadian Legend series, are now being collected in several major university libraries.

This success is due to the collective effort of the Chinese Canadian Legend Award organizing team members. I am truly grateful for their contributions of ideas, resources and above all, hard work.

We all nourish a dream: that the award will become a national award. We are working on it.

Bammy Wong

President
Asian Business Network Association



Mission

Provide business networking opportunities,
promote harmonious community relations,
and recognize role models in the Chinese community

Activities

Chinese Canadian Legend Award Project,
Charity Activities,
Partnering with other community organizations

Members

Entrepreneurs and Professionals

宗旨

建立營商網絡
促進社區和諧關係

活動

紅楓傳奇系列
慈善活動
專商業交流

會員

企業家、專業人士



ABNA's Milestones

The Asian Business Network Association (ABNA), organizer of the Chinese Canadian Legend Award, has supported or contributed to the following charitable organizations and projects since Year 2000:

2000	Initiate Chinese Canadian Legend Award
	Yee Hong Community Wellness Foundation
2001	Yee Hong Community Wellness Foundation
2002	Sports for Kid
2003	Chinese Cultural Centre of Greater Toronto
	Fu Hui Foundation Hong Kong
2004	Fu Hui (Canada) Foundation
2005	Smile China
2006	Mon Sheong Foundation
	Under the Banyan Tree Centre for the Developmentally Disabled
2007	Chinese Family Services of Ontario

2008	Red Cross Canada
	Fu Hui (Canada) Foundation
2009	Embracing Life
	Fu Hui (Canada) Foundation
2010	Mon Sheong Foundation
	Presented whole set of Chinese Canadian Legend Books to Richard Charles Lee Canada-Hong Kong Library, University of Toronto
	'Voyage-Struggles & Hopes', Hong Kong University Students' project in Toronto
2011	Carefirst Foundation
2012	Across-U-Hub
2013	Golden Daffodil Endowment Fund of Canadian Cancer Society
2014	Research Workshop 'Cultural Translation & Chinese-Canada Studies' by York University
	Canadian Museum for Human Rights
	Hong Kong Children's Symphony Orchestra
2015	Canadian Museum for Human Rights
	Chinese Family Services of Ontario

華商網絡協會成員
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Vice-President	Teresa Tsui
Treasurer	William Ip
Secretary	Connie Woo
Executive Director	Camilla Tong
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Honourary Advisors	Dennis Au-Yeung Stanley Kwan Alexandra Ngan Stephen Siu

2015 紅楓傳奇籌委會

CHINESE CANADIAN LEGEND ORGANIZING COMMITTEE 2015

Co-chairs: Dennis Au-Yeung
Alexandra Ngan

Secretary Viola Poon

Members:

Glenn Chan
Michael Ho
William Ip
Keith Kwan
Angela Lam
Gary Li
Lusan Li
Stella Li
Kenny Leung
Peggy Leung
Ying Lu
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Jacky Sham
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歷屆紅楓傳奇人物

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Chinese Canadian Legend 2000 - 2014

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Dr. Songnian Zhou 周松年博士

Themes of Chinese Canadian Legend since 2007

2007 緣繫加港締傳奇
It's all in "The Spirit"
Whenever the Spirit Glows, the Legend Grows

2008 憑愛心締傳奇 賦生命予意義
Where there is Love, there is life

2009 點燃希望締傳奇
Illuminate Hope

2010 乘風破浪覓理想 情繫楓橋締傳奇
To Bridge……

2011 明德格物締傳奇
A Man Without Virtue is like A Candle without Light

2012 摘星圓夢締傳奇
Wish upon a Star
Make your dreams come true

2013 鼓舞人生締傳奇
Drumming up the Spirit of Life

2014 鳳凰展翅締傳奇
Phoenix Reborn, the Legacy goes on……

2015 活出彩虹締傳奇
Over the Rainbow, the Legend Glows



Chinese Canadian Legend Award

紅楓傳奇

2015

Passion • Dedication • Inspiration

In Recognition of Your
Outstanding Achievement and Valuable Contribution
to the Community

Asian Business Network Association

華商網絡協會



Master of Ceremonies

Ying Lu

Dr. Ying Lu graduated from Queen's University Medical School in 1994. She then completed her five-year ophthalmology specialty residency in the Department of Ophthalmology at the University of Toronto. Upon finishing her training, Dr. Lu was inducted as a Fellow of the Royal College of Physicians and Surgeons of Canada, registered as a member of the Canadian Ophthalmology Society and is a Diplomat of the American Board of Ophthalmology.

Dr. Lu specializes in laser and cataract surgeries for glaucoma and cataract patients at her clinic in Toronto. For the past 15 years, she has performed more than 50,000 eye surgeries bringing precious sight back to countless patients. Dr. Lu is affiliated with Mount Sinai Hospital, Toronto Scarborough Hospital and Kensington Eye Institute. She teaches at the University of Toronto Medical School as a lecturer. At the same time, she is a member of the international medical faculty of the ORBIS Flying Eye Hospital.

In addition to her busy medical practice, Dr. Lu tries to help people in need. She runs a community outreach eye clinic for Mount Sinai Hospital. She also runs an off-site eye clinic at CareFirst where she is an Honorary Advisor. In 2004, she co-founded the ORBIS Canadian-Chinese Advisory Council (CCAC) to facilitate blindness prevention in China's rural areas. CCAC has so far raised over one million dollars. Today, CCAC not only helps to fight blindness in China but also around the world. Dr. Lu believes it is every one's responsibility to make the world a better place.

In 2008, Dr. Lu won the Outstanding Professional Achievement Award and the popular vote at the Mandarin Profile Award organized by Fairchild Television. In 2009, Dr. Lu was recognized with the Best Community Service Award by the Association of Chinese Canadian Entrepreneurs.

Dr. Lu was one of six recipients of Chinese Canadian Legend Award in 2008. She serves as a member of the selection committee since 2009. Since 2010, Dr. Lu has been the co-chair for the Canadian Chinese Legendary Alliance, and supports the Asian Business Network Association's commitment to better the local and global communities.



Master of Ceremonies

Stephen Siu

As the first "Chinese community leader" in Toronto profiled by the American edition of the China Daily, the largest English-language newspaper in China, Stephen Siu has served the community in different capacities, as Executive Director of the Chinese Cultural Centre of Greater Toronto, Assistant Director of the Hong Kong Economic & Trade Office, and currently as President of the Yee Hong Community Wellness Foundation.

Stephen started his career as a reporter with the United Press International, and later became Chief Editor of the U.S. news agency's Hong Kong bureau. He then moved to the Reader's Digest, taking up a senior editorial position.

After joining the Hong Kong Government in 1980, Stephen orchestrated publicity for many major cultural events, including the Festival of Asian Arts and Hong Kong International Film Festival. He also ran promotions for Hong Kong major museums and performing groups.

He settled down in Toronto in 1988, working as Christian Children's Fund of Canada's Project Consultant, Host of Shaw Cable 10 current affairs program, and Festival Hong Kong 92's Public Relations Consultant.

Stephen was a Board Member of the Chinese Information and Community Services and the Metro Toronto Volunteer Centre; Public Relations Chair of "Serve Canada"; and Trustee of the Scarborough Grace Hospital. When Toronto was hit by SARS in 2003, he led the secretariat of the Community Coalition Concerned About SARS formed by 62 community and business organizations.

He is currently Advisor of the Canadian Foundation for Chinese Heritage Preservation, and Chinese Arts & Literary Contest for Youth; Chairman of Chinese Canadian Photographic Society of Toronto, as well as Patron of the Ontario Cross-Cultural Music Society.

Stephen was given the Rotary's 4-Way Test Award in 2008 for being a role model in the community. He won the Chinese Canadian Legend Award in 2009. In 2010, he got the Arbor Award from the University of Toronto for his outstanding voluntary service.



作者簡介 AUTHOR

鍾蕙蘭 Connie Woo

Connie has been helping with the Chinese Canadian Legend Award Project since 2007 and joined the Asian Business Network Association in 2008. Every year since then, she has been delighted to spend part of her summer working on the English translation of the recipients' life stories.

Connie currently chairs the board of Chinese Family Services of Ontario (家和專業輔導中心), a charitable agency funded by United Way and the three levels of government to provide critically needed counseling services in areas such as family violence, child abuse, depression, gambling and drug addiction problems. It serves over 5,000 families and individuals in the Chinese and Asian communities each year.

Connie retired from her Vice-President and Chief Information Officer position with Toronto Hydro Corporation in 2006. In 2007, she completed the Director Education Program at the Rotman School of Management. As a professional corporate director, Connie served on the Board of CAA South Central Ontario for twelve years, retiring in 2012. While on the board, she actively advocated for the environment.

Connie found it an enlightening experience to work with the recipients of this year's Chinese Canadian Legend Award. Their impressive achievements and their contribution to our community provide a full spectrum of what is possible if one sets one's mind to it. She hopes that you will find their life stories an inspiration, as she did.



作者簡介 AUTHOR

吳翠儀 Clorie Ng

Clorie is a communication consultant, writer, translator and language trainer who started her career as a journalist and public relations professional. Over the past 20 years, she has worked in various media agencies and major corporations in Hong Kong, the United States and Canada.

Her love for language and wide array of interests led her into various creative projects such as publishing her own poetry collection, writing/translating commissioned books, film scripts, media columns and language training materials.

As a freelancer based in Toronto, she is actively involved in the community through her work capacity and as a volunteer. A keen supporter of environmental protection and charitable causes, she hopes to be a "worker towards a better world".

從事寫作、翻譯、語言培訓、公關及傳訊顧問工作二十多年。曾在港、美、加任職多間傳媒及企業機構，並為多份報章、雜誌及出版機構編撰文章和刊物，以及參與電視、電台等多媒體節目製作。創作題材包括文化藝術、健康生活、身心靈探索、人物故事。

現時於多倫多以特約形式為不同機構、團體及個人提供專業服務。同時透過工作網絡和義務工作參與各種社區活動；尤其支持環保及服務社群的團體及機構，希望以專業建設社會、以創意投入社區。

作為一位自由創作人，曾出版的作品有＜Short Form Beings＞、＜Hong Kong Horoscope＞、＜心靈智庫＞（中譯本）、＜中國新攝影＞等。此外，又為香港最早成立的環保團體「長春社」編撰提倡綠色生活的＜綠活日誌＞。



陳秀蘭醫生
Dr. Helen Chan

科研奮不停　眼疾病童見光明

現今世上有好些奇特罕見的疾病，往往要經過醫學界長時間的研究和試驗，才能找到有效的治療，而陳秀蘭醫生正是一位30多年來一直專門研究一種罕見兒童眼科癌症的病學家。自從走進實驗室，便決心要找到治癒此病的方法，終於作出了突破性的發現，繼而從實驗室走進世界，致力把治療方法帶進世界每一個角落，讓瀕臨黑暗世界的兒童，有望走上光明視界。

陳秀蘭醫生是多倫多病童醫院國際著名的兒童臨床腫瘤學家，也是多倫多大學兒科教授，自從1971年醫科畢業後，選上兒童血液和癌症這一科，便一直沒有停下來。過往幾年, 她的成就更先後獲得安省勳章（2010年）及英女王鑽禧紀念獎章（2012年）的表揚，成為華裔之光。

坐下來接受訪問之際，陳醫生自言今年進入“退休”狀態，一聽之下感到有點意外，再聽下去，原來她要用這一年的時間完成在臨床方面的事務，收拾心情，專心繼續在研究方面的工作。說這話時，那平靜而肯定的語調底下，流露一種決心，而這份決心，也正是她30多年來一直奮力向前，廢寢忘餐，把寶貴光陰花在實驗室的原動力。

跟科研界的人士攀談，每每被諸多醫學化學生物學等名詞所難倒，猶如摸索另一種語言；然而， 這也叫人想到， 他們也仿如活在另一個世界、抱有另一種眼界，要走的路，不論是自選還是被選，本就是一個活的傳奇。

從心靈世界到科研天地

問陳醫生為何會選上醫科，她說小時候的夢想是當一位圖書館管理員，皆因她自小愛閱讀，只想浸淫書海中。 然而，她母親開啟了她的眼睛， 在一個“女子無才便是德”的年代，決心要當一位護士，並且考進香港首間訓練護士的那打素護士學校。 這份排除萬難、勇往直前的決心，就在陳秀蘭的心中植根。

自小在香港名校女拔萃書院就讀的陳秀蘭，在寫作方面的成績尤為突出；到高級程度會考時生物科拿了個優等，並且獲香港大學取錄，也就順理成章地選讀了醫科。1971年畢業後，即被伊利沙伯醫院聘用為實習醫生，而且成為首位晉身兒科的女醫生；要知道那年代的醫院，兒科本是不收女生的，這也可說是陳秀蘭作出的人生第一個突破。

在香港任職兩年，她開始萌生出國的念頭，於是開始寫信申請美國的醫院。可是當時美國對非公民的申請有所限制，她一連寫了60多封信，終於被美國田納西著名的聖裘德兒童研究醫院取錄，開始在兒童血液和癌症方面的臨床訓練和研究。聖裘德醫院在栽培發展中國家的醫護人員方面，堪稱是先驅，陳秀蘭也認定了這種普世心懷，作為她研究的目標和理想。在醫院的支持下，她初嘗”實驗室人生”的滋味，並且在三年的駐院日子中，完成了一項研究計劃和五篇論文。

1976年，陳秀蘭正在為研究之路尋找新去向，於是從美國移民到加拿大，並隨即加入瑪格烈公主醫院和病童醫院參與兒童血液和癌症研究工作。1979年，她轉到多倫多大學的病童醫院，擔任兒童臨床腫瘤學家，並且開始專攻視網膜細胞癌症的

臨床研究。

她坦言那段日子，幾乎連睡覺的時間也沒有；既要看病， 又要做研究，加上兒科醫生只有幾人，令她疲於奔命；而她的意向，乃是專注於研究，走進實驗室，把病症的因由與療法逐一拆解。

遇上罕見病　遇上貴人、同路人

要認識陳醫生的工作與成就，必得先認識她所研究的對象──視網膜母細胞瘤。 這是一種罕見的眼部惡性腫瘤，起源於胚胎期視網膜細胞的病變而導致。多數案例於兩歲前被驗出及確診；患者大部分為無家族史的偶發性個案，但有約半數與家族遺傳相關，其致病基因是染色體基因出了問題； 基因的變異，使視網膜細胞生長的複製行為失去控制而產生腫瘤。

視網膜母細胞瘤的治療需視腫瘤侵襲範圍、分期、視力殘存程度及是否擴散轉移而定。若是視力受到嚴重損害或完全受損，且腫瘤體積過大，需進行外科手術去除腫瘤，也就是把整個眼球移除。

正如治療任何癌症一樣，最常用的療法是手術、化療，再輔以放射性治療，可是由於單靠化療往往起不了作用，須採用放射性療法，但卻可能引發其他癌症。至於手術，雖然是最有效，卻需要把眼球移除，令病童從此失明。

陳醫生在研究中發現了導致化療不起作用的原因是一種蛋白，並找到了克服這個問題的藥物。如今，患這種病的兒童90%以上都可以通過化療得到治癒，而陳醫生也成為世界聞名

的眼癌專家。

陳醫生說她在人生路上遇到好些“貴人”；許是良師，或是益友，都給她支持和幫助，甚至成為合作的伙伴；其中一位，是她初到瑪格烈公主醫院當值便遇上的Dr. Brenda Gallie，兩人都是當時研究視網膜母細胞瘤的專家，一見如故，其後更合作發展針對此病的研究及臨床試驗計劃。

1980年代，陳秀蘭又遇上當時在癌症研究領域上名字響噹噹,並且領導研究工作的林重慶博士（2014紅楓傳奇得獎者）。她主動提出與林博士見面，力陳兒科腫瘤細胞對癌症研究工作的作用和重要性，結果說服了林博士幫她一把，繼而更與她合力推展研究。其中一個令她鼓舞的成果，是獲得國家癌症研究學院首個研究資助撥款。

其後，她推動及引領全球醫學界重新採用化療，使化療由先前居於第二線治療的地位，提升為第一線，務求以最低毒性的化學藥物、最少的有效劑量、最短的療程，達到殲滅腫瘤細胞的目的。

2004年，她領導首個國際性持續臨床試驗計劃，擔任首席研究員；成員來自多倫多、溫哥華、滿地可、新加坡、印度及智利。在多國團隊的努力研究、多方嘗試下，以化學治療為主的治療策略漸露曙光。

回歸心靈 延伸視野

回看過去30多年的日子， 陳醫生從未後悔把全副精神，甚至吃飯睡覺的時間都花在不見天日的實驗室； 問她精力何

來， 她説只要想到有一天獲得成果，便毫不困倦、永不放棄。

對於這種從未停止鑽研過的科研生活，有人會想一定有孤單或痛苦的時候；然而，“子非魚焉知魚之樂？” 陳醫生只問眼前的挑戰，不問背後的辛酸，樂在其中。

2010年獲頒安省勳章，以及2012年獲女王鑽禧紀念獎章，陳醫生不諱言這是對她30年來堅持不懈研究所得成果的肯定。她還鼓勵加拿大的移民説：“雖然是移民，同樣有機會發展、選擇自己喜歡的職業、並且取得成就，對加拿大有所貢獻。最重要是再接再厲；失敗了就重新再來，繼續努力。”

時至今日，她的工作還要繼續下去，而且要擴展至全球各地，尤其是發展中的國家，例如非洲肯亞，因為那是最缺乏醫療設備的地區，醫療人員也極需要協助和汲取專業知識。因此她每年都與Dr. Brenda Gallie前往肯亞等地，親身參與當地研究、交流及教育工作。

處身在加拿大，她又推展全加對視網膜母細胞瘤的認識，以及為病童和家人提供指引、輔導及支援，幫助他們調適生活，並教導他們如何減低腫瘤復發或變異的風險。此外，亦參與和視網膜母細胞瘤有關的籌款活動，例如”失明之夜(Blind Ball)。

在訪談的末段，陳秀蘭還提及了她的個人興趣；原來她熱愛從事各種藝術，包括油畫、石板畫、木刻、石刻等等；都是需要花時間、心思和耐性去鑽研的藝術。當然，也少不了一對好眼睛，能夠察看和欣賞人間美事。



獲安省省督David C. Onley頒發安省勛章（2010）
Received the Order Of Ontario in 2010 from Lieutenant Governor of Ontario
The Honourable David C. Onley.



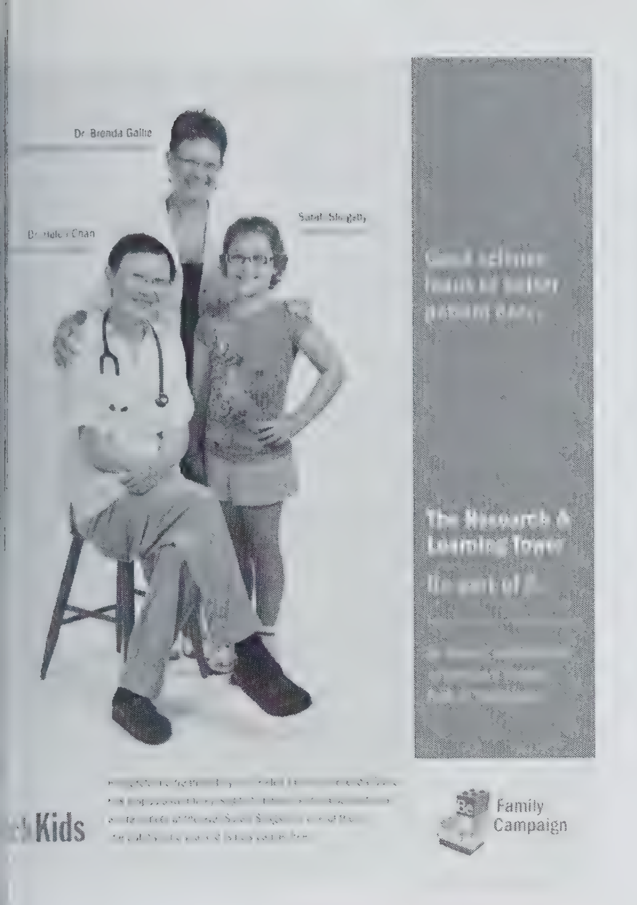
在工作中
At work



與Dr. Brenda Gallie 一起出席活動
With Dr. Brenda Gallie at a party



與研究伙伴Dr. Brenda Gallie 一起在
佛羅倫斯參加會議
With Retinoblastoma Research Collaborator
Dr. Brenda Gallie



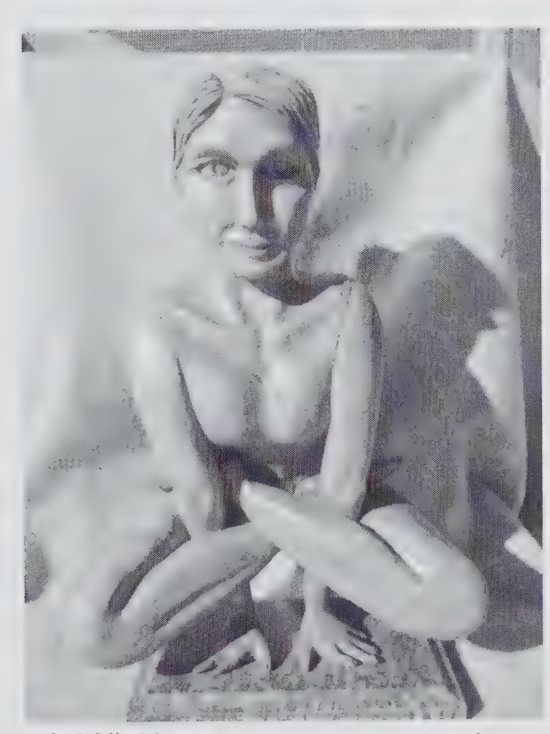
Dr. Brenda Gallie 及視網膜母細胞瘤康復者
Sarah Slingsby
th Dr. Brenda Gallie and retinoblastoma survivor
Sarah Slingsby



近日愛上遠足（2015）
A recent hobby: hiking



畫作品：In Memory of Turner's Venice（1979）
Oil Painting: In Memory of Turner's Venice



木刻作品：A Lady in the Kukkut Aasan
Yoga Position（2007）
Butternut Carving: "A Lady in the Kukkut
Aasan Yoga Position"

Dr. Helen Chan

There are a few rare and unusual diseases in the world, and often only after a long period of research and experimentation can an effective cure be found. Among medical researchers, there is a Chinese Canadian cancer specialist, Dr. Helen Chan, who has spent her whole life focused on a rare kind of childhood eye cancer. Since she walked into a laboratory over thirty years ago, she had been determined to find an effective treatment for retinoblastoma, and finally had breakthrough success. Now she wants to bring this treatment to every corner of the world, and let those children on the brink of darkness grow up in a bright world.

Dr. Helen Chan is a Professor of Pediatrics at the University of Toronto and an Associate Senior Scientist in the Research Institute at Toronto's Hospital for Sick Children. Since graduating from medical school in 1971 when she chose to specialize in Pediatric Hematology/Oncology, there has been no stopping her. In the past few years, she received the Order of Ontario (2010) and the Queen's Diamond Jubilee Medal (2012) for her accomplishments. She is one of the bright lights in the Chinese-Canadian Community.

Helen says she is entering 'retirement' this year. One would be surprised to hear this, but in fact she needs this year to complete her clinical work, and then she plans to focus more on her research. Beneath her calm and positive demeanor, she demonstrates determination, the driving force within her in the last thirty years to spend all her time in the laboratory, often foregoing much needed sleep or food.

When one chats with people from the scientific research community,

one can be stumped by all those medical or biological terms, just as if they were speaking another language. That leads us to think that they seem to live in another world, with a totally different perspective. Their way of life, whether by choice or not, could be a legend in itself.

When Helen was asked why she chose to go into medicine, she said her dream originally was to become a librarian. She had always loved books since she was young and wanted to be surrounded by a sea of books. However, her mother's determination opened her eyes. At a time when 'a woman's virtue' was to know and understand nothing, Helen's mother decided to be a nurse, and was admitted into the first nurse training school in Hong Kong. Her mother's courageous determination to go forward despite all odds was rooted very early on in Helen's heart.

Helen was educated in an elite school, the Diocesan Girls' School, in Hong Kong. She was outstanding in writing. Awarded a Distinction in Biology in her matriculation year, she was admitted into the University of Hong Kong's Medical School. After graduating in 1971, she interned at Queen Elizabeth Hospital, and trained in the Department of Pediatrics.

After working two years in Hong Kong, Helen was attracted by the idea of studying abroad. She began applying to different US hospitals, but at that time there were limitations on applications from foreign doctors. Helen sent off more than sixty applications, and she was finally accepted by St. Jude Children's Research Hospital in Memphis, Tennessee, where she completed her Pediatrics residency and started her Pediatric Hematology/Oncology fellowship. She was supported by the hospital in her first taste of basic laboratory research. In her three years at the hospital, she completed one laboratory research project and published five research papers. The head of the hospital was keen on training doctors from less developed countries. Helen shares this ideal,

and it has always been her goal to help others worldwide.

In 1976, Helen looked for a new direction in her training and research. She came to Canada and continued her Pediatric Hematology/ Oncology fellowship at Princess Margaret Hospital and the Hospital for Sick Children. In 1979, she joined the staff of the Hospital for Sick Children as a Pediatric Hematologist/Oncologist, and started her clinical and basic research in retinoblastoma, specializing in this rare form of cancer in young children.

She says frankly that in those days there was never enough time for sleep. She had to attend to her clinical practice, and do research on retinoblastoma at the same time. With only a few Pediatric Hematologists/Oncologists on staff, she was exhausted almost all the time. She was determined to stay focused on research, and find an effective treatment for this devastating disease.

To understand the work and achievements of Helen, one must first understand the disease she studied: retinoblastoma. This form of cancer originates as a mutation of retinal cells in a baby, sometimes before birth. Most children are diagnosed before two years of age, and most of them have no family history of this disease, but in about half of the children, the disease is hereditable, which means that they can pass the disease to their children. Most children with hereditable retinoblastoma have both eyes involved by cancer. The disease starts with a mutated gene on the thirteenth chromosome, which results in uncontrolled growth of the retinal cell to form a cancer.

Treatment of retinoblastoma depends on what stage the cancer is at, how far it has spread, and the amount of residual vision. If the child's vision is severely damaged or totally damaged, and the cancer is very large, then surgery is needed to remove the cancer, which means

removing the entire eyeball.

As with all cancers, treatment options include surgery in combination with chemotherapy and/or radiation. However, chemotherapy alone is not usually completely effective for retinoblastoma. Radiation can be used, but in years to come, radiation will most likely result in another different type of radiation-induced cancer in those with hereditable retinoblastoma. Surgery is the most effective treatment but children with retinoblastoma involving both eyes will be left totally blind.

Helen says that she has been fortunate in her life in that she has always found mentors and friends who would help her and become partners in her research work. She encountered Dr. Brenda Gallie, almost on the first day at work at Princess Margaret Hospital. Dr. Gallie was already a retinoblastoma expert at that time and the two hit it off right away, becoming close friends and partners in research and clinical trial programs for the disease.

In the 1980s, Helen also had the good fortune to meet up with Dr. Victor Ling (Chinese Canadian Legend 2014 Award Recipient), who is world-famous for discovering P-glycoprotein, the molecule responsible for multidrug resistance. In their meeting, she convinced him of the importance of doing research and clinical trials of his discovery on cancer cells in children, since childhood cancers are primarily treated with chemotherapy. At the end of the over two hour discussion, Dr. Ling not only offered to help her with her research, but also to co-author her research papers, allowing her to get her first grant from the National Cancer Institute of Canada.

Applying Dr. Ling's basic research, Helen was able to find that P-glycoprotein-induced multidrug resistance is responsible for treatment failing in retinoblastoma and other types of childhood cancers. Helen

also found a way to overcome multidrug resistance in the cancer cells, making chemotherapy treatment for retinoblastoma more effective. At the same time, Dr. Gallie developed a molecular test that diagnoses the presence of the retinoblastoma-causing gene while babies are still in the womb, allowing infants to be treated much earlier. Today, more than 90% of children with retinoblastoma can be cured and their eyesight preserved. Helen has become a world-renowned expert on retinoblastoma.

In 2004, she led the first international clinical trial program for retinoblastoma, with researchers from Toronto, Vancouver, Montreal, Singapore, India and Chile. Their multinational efforts demonstrate that a chemotherapy-based treatment strategy is the right way to go for retinoblastoma.

Looking back at the past 30 years, Helen does not regret that she has spent so much time and energy in the laboratory, often skipping meals and sleep, and not seeing the light of day. When she is asked how she managed to do it, she says she is focused on getting results. As long as she thinks her work will bear fruit down the road, she is energized and she will not give up.

Some people might think that there must have been lonely or painful moments in this life of doing meticulous research day after day. However, how would we know unless we were in her shoes? Helen is actually happy meeting the challenges ahead and she does not fear tackling problems or issues.

In 2010, Helen was awarded the Order of Ontario, and in 2012, the Queen's Diamond Jubilee Medal. This recognition is for her thirty years of relentless research in retinoblastoma.

She encourages Canada's newcomers, "Although we are immigrants, we have the same opportunities to develop ourselves, to choose our profession, be successful, and make our contributions to Canada. The most important thing is to redouble our efforts when we fail, so that we can continue to push ahead, and start again."

Today, her work will indeed continue, and also extend to the rest of the world, especially less developed countries like Kenya. Since these countries lack both medical equipment and medical expertise, they need assistance badly. Helen goes with Dr. Gallie to Kenya to teach the new strategies to combat retinoblastoma, and participate in local research, communication and education.

In Canada, Helen pushes forward with national awareness of retinoblastoma, and provides guidance for the children and their families, counseling and supporting them, as well as teaching them how to reduce the risks of cancer for themselves and their children. She participates in retinoblastoma fundraisers such as the Blind Ball.

Towards the end of the interview, Helen mentions her personal interests. She finds time to hike every day with friends. She loves creating a variety of artwork, including painting, lithography, woodworking, woodcarving and stone carving. It takes a lot of time, insight, and patience to create works of art. Art in itself is highly relaxing and therapeutic, and of course, having a pair of good eyes allows us to observe and be truly thankful for all the good things in life.



張明瑞教授
Professor Thomas Ming Swi Chang

夢想創奇 改變世界 人類福祉一先驅

人類歷史上許多偉大發明，都是始於一個夢想、奇想、甚至幻想。在史上眾多偉大發明家之中，有一位“異想天開” 的華裔，創造了叫人匪夷所思的全球第一個人造細胞 -- 人稱“人工細胞之父”的張明瑞教授，早在1956年於麥吉爾大學就讀時，便奠下這劃時代的醫學科學里程碑，也成為華人的光榮與驕傲。58年後的今天，82歲的張教授依然繼往開來，為人類福祉努力研究和創新，並與全人類分享他的發明，難怪他曾說：“我是屬於全世界的”。

張明瑞教授在人工細胞方面的開創性工作，帶來許多有關人類健康及其他應用層面的創新企業與產品，包括納米醫學、納米生物技術、基因治療、酶療法、細胞/幹細胞治療、癌症治療、再生醫學、血液代用品、及肝臟支持系統上的應用，甚至對農業、水產文化、發酵工業、食品工業、生物技術、納米機器技術等眾多領域亦產生影響。

為了讓更多研究得以推展，開發裨益病人和公眾的“人工細胞”治療法，他無私地公開所有研究細節，讓全球各地的機構均可基於他的發明進行研究和開發，絲毫沒有為金錢的收益而保留任何研究秘密。

張教授已記不清接過多少次獎章了。作為“生物科學元老”，他身上的頭銜和榮譽不勝枚舉 —— 歷任加拿大麥吉爾大學生理學、醫學和生物醫學工程教授、加拿大皇家醫學院院士，加拿大皇家學會院士。歷任國際人工細胞大會榮譽主席、國際人工血液大會榮譽主席、加拿大蒙特利爾中華醫院榮譽醫生；又曾榮獲加拿大勳章，及兩次獲諾貝爾獎提名。

對張教授來說，這些都算不了什麼，令他感到高興的是，這些榮譽和獎項說明了自己半世紀前以來的努力沒有白費，證明了自己年輕時在麥吉爾大學宿舍裏“鼓搗”出來的東西，如今已經使成千上萬的病人受益。

數年前，他更被麥吉爾大學和世界各地選為這大學190歷史上“最傑出的麥吉爾學者”，實在當之無愧。

男兒自強　漂洋過海創奇跡

1933年生於汕頭一個重教重商、誠善富足之家，張明瑞的家人對他的成長有深遠影響。他的祖父曾經漂洋過海到西方學習，回國後做抽紗生意，並成功創業。

“我的祖父告訴我，中國人要自強，要用實際行動告訴外國人我們能做什麼。”

張明瑞的外祖父則是一位醫生，平日在汕頭市區行醫，每到周末，他就騎著自行車到近郊的村子裏，為貧困患者免費治療，年少的張明瑞心中最大的願望，是像外祖父一樣懸壺濟世。為了學好英語準備赴笈海外，他13歲便隻身往香港入讀拔萃中學；22歲遠渡重洋，滿懷夢想和激情，晉身加國的頂尖醫科大學麥吉爾攻讀。

1956年，這位年僅23歲的潮汕青年一天忽發奇想：既然人體器官可以製造（當時醫學上已經有了人工腎），那麼作為器官最小單位的細胞也應該可以製造；若是有了人造細胞，那在醫學上的前景該是多巨大！人們就再也不用為血源緊張，亦不用擔心輸血過程中意外感染病毒等問題。

張明瑞把想法告訴教授和朋友，他們都認為這是“非常

荒唐的念頭”。但他沒有放棄，他說：“我從小就願意嘗試新的東西，而且父母曾經教導我：一旦做什麼事情，就要努力到底。”

張明瑞買了一些化學試劑，用香水瓶、塑膠袋等日常用品作為器具，在自己的睡房搞起了試驗。他把自己關在宿舍裏，廢寢忘食地進行實驗，他的室友們不得不忍受這位中國同學製造出來的種種嗆人異味。

經過千百次的實驗，世界上第一個人造血紅細胞終於在年僅23歲的張明瑞手上誕生！

在當時而言，他的研究報告過於“驚世駭俗”，只能當作他的本科論文，而校方為保險起見，未敢對外聲張。

他耐心等候，於1957年本科畢業，1961年獲醫學博士頭銜，到1964年成為生理學博士時，他的人工細胞理論才最終在國際最高科學刊物 --《Science》上亮相，震驚了世界。

無私公開成果 延展於世

張明瑞教授的技術讓幾家“嗅覺靈敏”的大公司察覺到巨大的商機，於是找他洽談買斷他的技術或跟他合夥賺錢。他卻一一拒絕了，為的是能更快地使更多的病人獲救。

他說：“我的人生目標是要幫助病人，不是追求名利。我把研究成果的所有細節都公諸於眾，讓全世界的人共同使用，這是好事。”

多年來，他總會把新發現第一時間在傳播最廣的科學雜誌上，全盤進行公佈，這份無私的濟世胸懷，亦贏得了世人的高

度敬仰。

1980年代，愛滋病的傳播和血液污染引起張教授的深切關注，他把研究重點聚焦於人工血液。他指出：“大規模的疾病傳播和血液污染，或大規模的天災人禍，如地震和戰爭，都需要大量的人工血施行緊急救助。”

張教授表示，第一代人工血液在俄羅斯和南非，已經被批準用於日常使用。他的實驗室目前正在研究第二代人工血液。他又鼓勵其他人進行這方面的研究，並親自協調每兩年在世界各地舉行的一系列人工血液國際研討會。

多年來身在異鄉，張教授依然心繫祖國，與中國科學界亦保持密切聯繫。

1978年，他曾應中科院之邀回國當了兩個月的訪問教授，並先後在北京、上海、廣東等市的大學和科學院訪問和演講，回到加拿大以後，繼續與許多中國科學家和學者保持著聯繫。這些年來，他經常返回中國內地，在一些醫學和科學會議上演講。讓張教授感到欣慰的是，他的研究成果讓中國的患者受益。

“人工”以外見真情

張教授的人生態度，就如他作為科學家的價值取向一樣，求新、求真、堅持不懈。

他回想人生和科研路上所經歷的，並非止於達成夢想的滿足和成功感，也同時學會如何在面對困難和挑戰時，保持信念和原動力：“如果你做的事是為了幫助別人，那你就不容易泄氣。”

他亦慶幸一生中遇上幾個對他影響至深的重要人物， 首先是與他結婚已50多年的妻子；她不僅從來沒有埋怨丈夫把發明公諸於眾而不是用來賺錢，也從不抱怨他們並不富裕的生活。太太的支持，是他終身最感動的幸運。當年曾唸護士科的她，如今即使在80高齡，也仍然在蒙特利爾的醫院當義工，幫助那裏的病人。

此外，他也十分感激在研究人工細胞還未成功以前，有許多曾經給他支持和鼓勵的“良師益友” ，包括發明人工腎的荷蘭醫學家Willem Kolff，當年如何獨排眾議，在地球的另一角對他的研究予以肯定；還有麥吉爾大學的年青教授Arnold Burgen和F.C. Macintosh，特別在實驗室騰出一個角落讓他專心做他的實驗，默默支持他。

“這世上還是有很多好人，而且好人都是抱持一顆開放的心靈。” 張教授語重心長地說。

時至今日，張教授可說是仍然在追尋夢想，並且為了夢想，付出心血，就好像他曾把自己比作一粒“血紅色的細胞” ，要發揮它全部的張力，繁衍無盡的鮮血，讓世間所有需要的人取之不竭。

此間他笑言自己沒想過退休，也保持健康活躍的生活，早上還跟太太一起打網球。如廝生命力豈不正如他求新、求真的精神一樣，突破常規的界限？

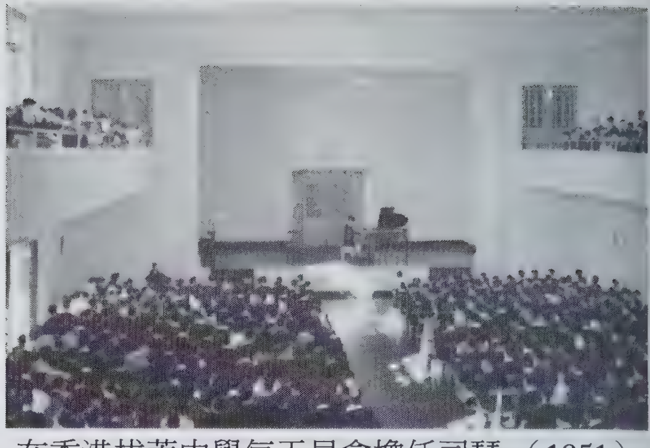
“人工”這個名詞往往令人想到“人造的、虛假的、以至造作” ，然而一生都與“人工”打交道的張明瑞教授，卻在一言一行上表現出，他是一個何等真實的人！



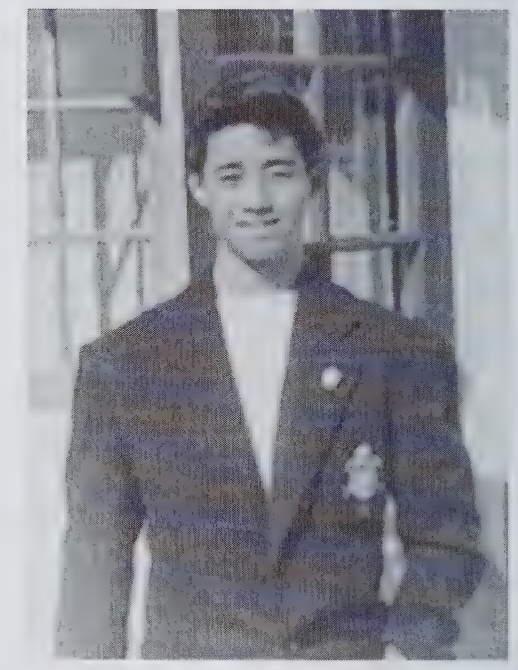
在中國汕頭唸小學
Completing primary school in home town Shantou, China



與祖父(前)、爸爸和兒子 (Harvey)，戴眼鏡的是他 (1966)
With grandfather (front), father and son (Harvey), himself in glasses.



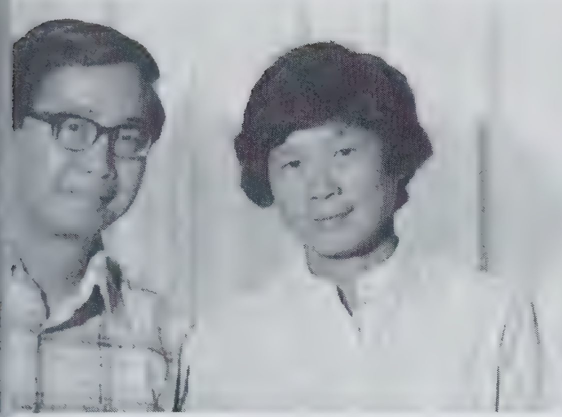
在香港拔萃中學每天早會擔任司琴 （1951）
Being pianist for daily morning assembly at Diocesan Boys' School, Hong Kong



拔萃中學畢業
Completed high school at Diocesan Boys' School, Hong Kong



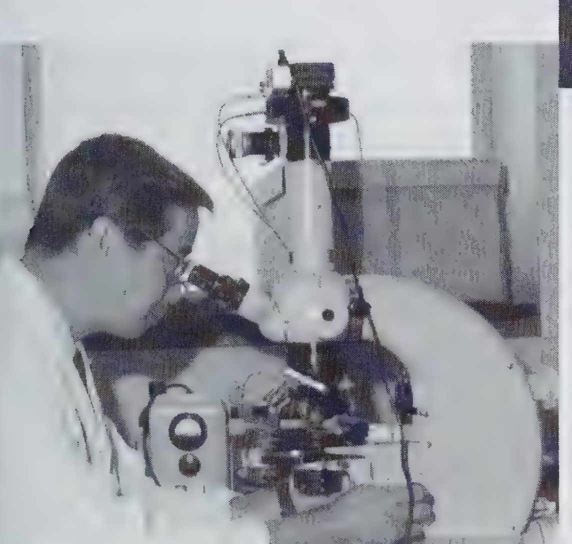
從麥吉爾大學醫學院畢業（1961）
Graduated in Medicine (M.D., C.M.) from McGill Univers



與太太Lancy （1975）
With wife Lancy



兒女：（左起）Harvey, Christine, Sandra, Victor（1970）
Children (from left): Harvey, Christine, Sandra and Victor



在麥吉爾大學實驗室（1960s）
oing research in laboratory at McGill University



獲麥吉爾大學頒授名譽教授（2007）
2007 Convocation at McGill: Emeritus Professor



兒孫滿堂（2012）
With children, their spouses and grandchildren

Professor Thomas Ming Swi Chang

Many great inventions in human history began with a vision, a dream, or even a fantasy. A Chinese Canadian, among the many great innovators in history, could well have created the biggest fantasy of all: the first artificial cell in the world. He is Professor Thomas Chang, the "father of artificial cells". It was back in 1956, while studying for his undergraduate degree, that he laid this epoch-making milestone in medical science, becoming the pride and glory of the Chinese community. Today, 58 years later, 82-year-old Professor Chang is still continuing his research and innovation work to better the future for the human race, and to share his inventions with all humankind. No wonder he says: "I belong to the whole world."

Professor Chang's pioneering work in artificial cells has brought forth many innovative approaches in human health and other applications, including nano-medicine, nano-biotechnology, gene therapy, enzyme therapy, stem cell therapy, cancer treatment, regeneration medicine, blood substitutes, and applications in liver support systems. There is even impact in many areas of agriculture, aquatic culture, fermentation industry, food industry, biotechnological and nanotechnological equipment.

In order to allow more research to take his "artificial cell" invention forward for the benefit of patients and the public, Professor Chang has selflessly published the details of his studies, so that organizations around the world can conduct research and development without restrictions based on his work. He does not retain any research secret in order to profit by it.

Professor Chang has lost count of how many times he has been awarded. As a "bioscience pioneer", the titles and honors bestowed on him are too numerous to mention. He was Professor (now Emeritus Professor) at the Departments of Physiology, Medicine and Biomedical

Engineering in the Faculty of Medicine at McGill University. He is the ongoing Director of Artificial Cells and Organs Research Centre at McGill since 1979, and serves as Honorary President, Artificial Cells, Blood Substitutes and Biotechnology (an international network) as well as International Society of Nanomedical Sciences. He is also Honorary Professor at a number of universities and institutes in China. He was awarded Officer of the Order of Canada, and was twice nominated for Nobel Prize.

Professor Chang is pleased that these honors and awards demonstrate that his efforts were not wasted half a century ago. They validated the work that he did in his dormitory room at McGill University has benefited thousands of patients today. But beyond this, it does not matter too much to him.

In 2011 he was voted the Greatest McGillian out of 700 nominees in McGill's 190 years history, a well-deserved recognition.

Thomas Chang was born in Shantou in 1933 into a well-off family, which valued education and business acumen highly. His family exerted a tremendous impact on his development. His grandfather studied overseas in the western world, and after returning home, built a successful textile manufacturing business.

“My grandfather told me that Chinese people must be self-reliant; we must tell foreigners what we can do through our actions.”

Thomas' maternal grandfather was a doctor, and practiced in the City of Shantou. During each weekend, he would ride a bicycle to the villages on city outskirts to give free treatment to impoverished patients. The young Thomas' greatest desire was to be a doctor like his grandfather, to provide help to those in need. The 13-year-old went on his own to study at Diocesan Boys' School in Hong Kong, so that he could learn sufficient English to go abroad. As a 20-year-old full of dreams and passion, Thomas went overseas to study at the top Canadian medical

school of that time, McGill University.

In 1956, Thomas, only 23 years old at the time, had a capricious idea one day: since human organs can be produced (artificial kidney was already in use at that time), then the smallest unit of human organ, a cell, could be built in theory. If we had artificial cells, then the prospects in medicine would be immense! People no longer have to worry about an adequate blood supply, or accidental infections in the blood transfusion process.

Thomas tried his idea on professors and friends, but many thought the idea was "absurd". But Thomas did not give up, he said: "I grew up willing to try new things, and my parents had taught me: whatever you do, you must strive to reach your goal."

Thomas bought chemicals, and experimented using perfume bottles, plastics and other items as his test equipment in his dormitory room. He shut himself up, and conducted experiments day after day, often foregoing meals and sleep. His roommates had to endure all sorts of pungent odors made by this Chinese student.

After hundreds of experiments, the world's first artificial blood cell was finally born in the hand of the 23-year-old Thomas!

At the time, his research report was considered to be too 'unconventional and shocking', and could only be used as his undergraduate honours Physiology thesis in 1957. The department, as a safety measure, felt that it was too premature to make known his findings.

Thomas waited patiently and continued with his research. He graduated from university in 1957, and got his medical degree in 1961. But only after he obtained his PhD degree on artificial cells in Physiology in 1964 that he was allowed to submit his artificial cell study for publication. Surprisingly, it was accepted for publication with

him as the sole author in the most prestigious international scientific journal - "Science", shocking the world.

A number of large conglomerates perceived the tremendous business opportunities this artificial cell technology presented. They offered to buy out his invention or partner with him to make huge profits, asking him to sign exclusive and restrictive agreements. He understood why they needed this; after all, his father and grandfather were in the manufacturing business. However, he also knew that this area was potentially too large and diversified for a single company or for him to develop. Recognizing that artificial cells could impact the lives and well being of our fellow human beings, he opted to encourage and help all researchers and developers in a nonexclusive and nonrestrictive manner. This has resulted in explosive developments around the world in many related areas. A recent Google search on "artificial cells" showed many centers around the world working in this area.

He says: "My goal in life is to help patients, not the pursuit of fame and fortune. I make all my research details public, so that people around the world can use the results together, which is a good thing."

Throughout the years, he always publishes his new discoveries in the most widely read scientific journals at the earliest opportunity. This selfless act to share his work has won the highest admiration and respect from around the world.

In the 1980s, Professor Chang was deeply concerned about the spread of AIDS and the contamination of blood sources. He focused his priorities on the research of artificial blood. He says: "The global spread of infectious diseases and blood supply contamination, or large-scale natural disasters, such as earthquakes and war, require a tremendous amount of artificial blood in emergency relief."

Thomas says the first generation of artificial blood developed by others based on his basic research has been approved for routine use in Russia

and South Africa, where artificial blood is urgently needed because of the spread of AIDs and the contamination of conventional blood supply. His laboratory is currently studying the second-generation of artificial blood for more wide spread use for other situations.

He encourages others to carry out research in this area. One of the ways is to hold international conferences on artificial blood every two years around the world.

Over the years, Professor Chang has maintained close contact with the Chinese scientific community in China, his motherland, where his heart is.

In 1978, the Chinese Academy of Sciences invited him to return as a visiting professor for two months. He visited and gave lectures in universities and scientific institutions in Beijing, Shanghai, Guangdong and other cities. After he returned to Canada, he has kept in touch and collaborated in research with Chinese scientists and professors. Since then, he has often returned to China as speaker at medical and scientific conferences. Professor Chang was pleased that his research has also benefited patients in China.

Professor Chang's attitude towards life, just as his values as a scientist, focuses on perseverance in seeking innovation and the truth.

He recalls in his life and work, not only had he experienced a sense of satisfaction, a feeling of triumph, from realizing his dream, but at the same time he had learned how to face difficulties and challenges, how to keep his faith and his motivation: "If what you do is to help others, then you will not be easily discouraged. "

He is also thankful that he had encountered in his life several important figures who had profoundly impacted him. The first person is his wife, Lancy Yeok Lan, who married him 57 years ago. She has never complained about her husband making public his inventions and not

profiting from them. She also never complains that they do not enjoy a luxury lifestyle. He is moved by his wife's unwavering support, and feels that it is his fortune to have her by his side. She was once a nurse, and even now at over 80 years old, she is still volunteering in the Montreal Chinese Hospital.

In addition, he is also very grateful to many people who had given him support and encouragement before the success of artificial cell research became apparent. A few examples include the inventor of artificial kidney, a U.S. Dutch physician Willem Kolff, who among many opposing voices supported his idea and research. There were at McGill University Professor F.C. MacIntosh, and Sir Arnold Burger, who was a young professor then. They gave him encouragements and made room for him in a corner of the teaching laboratory so that he could concentrate on doing his experiments.

"There are many other good people in this world, and good people have an open mind," says Professor Chang in earnest.

Today, Professor Chang is still in pursuit of a dream, and he dedicates himself to this dream. He likens himself to a red blood cell that wants to utilize its fullest potential for the endless proliferation of blood, so that the world will have an inexhaustible blood supply.

Here he smiles and says he has never thought of retirement. He maintains a healthy active lifestyle that includes martial art, weight training and tennis. In the morning before the interview, he played tennis with his wife. Such vitality is beyond conventional boundaries, just like his spirit seeking innovation, seeking truth.

"Artificial," the term is often reminiscent of "man-made, synthetic, or fake," but Professor Chang, whose entire life focuses on "artificial", is truly a genuine human being in both word and deed!



陳漢忠先生
Master John Chen Han Chung

翰墨傳真　弘揚國粹義不辭

翰墨文采是自我修身的藝術涵養，然而，名聞國際的書法名家陳漢忠先生並沒有止於修身；在數十年翰墨生涯中，一直把詩、書、畫融入生活中，並且融入社會，進而在加拿大和國際藝文界發揚中國文化，帶動書法風氣，推動國際文藝交流，並致力培育下一代，分享其學藝修養和造詣， 對社區作出良多貢獻，可說是“揮來妙筆締傳奇”。

人稱“現代臥龍先生”（現代諸葛亮）的陳漢忠先生，精通詩、書、畫；尤以書法堪稱一絕，博學多才。然而陳漢忠先生沒有退居新野；1988年移民加拿大以後，於創立了一己事業之餘，仍不忘對藝文的熱愛，並以弘揚中國文化為己任。自2003年膺任加拿大中國書法協會會長，即帶領加拿大書法界邁向國際藝術舞台，與世界各地結盟，舉行多項國際大型書藝活動。

他的成就，可見於2013年榮獲英女王鑽禧紀念獎章，為加拿大書法界的第一人。同年，他代表加拿大參加第三屆國際書畫論壇，發表“書畫藝術教育與傳播”演講，獲頒世界書法突出貢獻獎。

若問他的成功之道，他很快的回答說：“敏銳、宏觀、決策、先見之明”。

翰墨風華 世代承傳

陳漢忠先生出生於馬來西亞檳城，9歲隨父母返台定居。

父系世代經商，從事貿易；母系書香世家，外祖父傅錫琪以詩文及書畫備受讚譽；母親及姨母承傳家學，姨母詩文書法尤其優秀，品德才學出眾，在馬來西亞創辦菩提中學擔任校長，為鄉人所景仰。在母親及姨母的督導下，他從小便浸淫詩文、書法，更是每日詩不離口，字不離手，奠立紮實的文學基礎。

他回想小時候，因法帖一卷難求，習字範帖就是姨母的楷書。中學以後則學習柳公權、顏真卿的筆法，後來才拜師王北岳教授、王愷和先生，接受有系統的書法課程，為此而奠定了書法的深厚基本功夫。他坦言姨母是對他影響最深的人，也念念不忘外祖父樹立的榜樣，以致數十年後，他決心一手籌建向外祖父致敬的“傅錫琪紀念館”。

初、高中時代的他，已展露出寫作天資，每每下筆千言，文思泉湧，欲罷不能。課堂上作文老師都評為甲等，並在講台上示範朗讀，也經常主編壁報及校刊，儼然一位小才子。

1965年，他畢業於淡江大學中文系，即任教於國中、高中。至1972年，加入了中國電視公司，開始他近20年的中視職場生涯，由專員而至組長，並兼《中西畫刊》、《中西文教》兩刊物的主編；代表作有電視劇《黑潮》及《電視與製作理論》，寫的都是反映現實的社會故事和踏實的創作理論。

移居加國 重拾詣趣

正當在台灣事業如日方中之際，陳漢忠先生急流勇退，毅然申請移民加國。當時的決定是基於繁重的工作，加上應酬，幾乎奪去了全部時間與精力；每天從早上8時開始工作，往往要直至零晨4時才回家，與家人見面的時間少之又少，更遑論

縱身書畫的餘裕。

面對人生的轉捩點，他的賢內助郭儒禎女士可說是一位重要人物，她既鼓勵丈夫脫離這種“身不由己”的生活，也願意與他同甘共苦，勇闖新世界，最寶貴的是，她本身也是自幼喜好文學、書法與藝術；夫婦二人相濡以沫、互補長短。

在1988年移居加國之初，於他倆而言是最大的考驗；由於陳漢忠要留在台灣處理未完的職務，加上為外祖父籌建的紀念館進行得如火如荼，於是太太帶著孩子先住下來，接下來的兩年，忍受著“太空人之苦”，加上初來步到，不諳加國文化與制度，以企業移民身份來加，又要履行創業的承諾，實在感到前路茫茫。難得的是伉儷二人同心，難關一一闖過，並一起創立了新時代企業投資公司，經營房產事業，投資購物商場。

在事業有成之餘，陳漢忠重拾對書畫的愛好，亦有感於藝術對人生品味、社會風氣、文化傳承的作用，遂創立了翰真文教基金會，熱心在社區行善樂施；除了幫助有需要的人，也想到如何以一己的專長，為社區人士帶來的生活樂趣與心靈豐足。

啟後承先義不容辭

2000年，陳漢忠先生參加了加拿大中國書法協會的一個晚會，隨即加入成為會員，並於2003年當選會長。於就任會長期間，他領導各團體參加國內外書法展覽及活動，主辦國際書法展，結合加拿大書畫界創立加拿大中華書畫藝術聯合會，帶動書法風氣，發揚中華文化不遺餘力，廣獲肯定。

陳漢忠現時擔任加拿大中國書法協會榮譽會長、加拿大國際書法聯盟會長、翰真文教基金會理事長及加拿大五台山藝術館共同主席等職務，也是復旦大學文人書法暨石鼓文研究中心的特聘研究員。

歷年來，他除了參加或主辦國際書畫展、國內書畫展數十次，也憑其豐富的國學知識和詩文寫作經驗，在一些雅集、展覽、座談、講演等場合，展露潛藏的古典文學涵養。

他又深切意識到，書法是中華民族文化幾千年之經驗累積，熔文學、哲學、藝術等於一爐，同時他也認識到勤練書法可以運氣調息、通筋活絡、延年益壽，確屬人類保健養生之道，所以他亦以傳授書法技藝為己任。

經過數十年的修養錘煉，他的書法藝術已經達到了“字中有畫，畫中有字”的巔峰狀態，他能夠駕輕就熟、得心應手地運用多種書體進行藝術創作，其行草書氣勢磅礡、神采飄逸、筆斷意連、飛動流暢，具有強烈的視賞衝擊力和攝人的魅力。

陳漢忠先生的翰墨和文采向來備受重視，2011年，他受邀參與來自世界各地的10位藝文家與國內名書畫大家於北京中國美術館展舉行的“百年風雲 · 壯志丹青——紀念辛亥革命100周年美術作品展覽“，共展出國畫、書法、油畫、版畫、雕塑和水彩畫等近300件作品薈萃。他參展書法作品《百壽》，獲北京中國美術館珍藏。

問他有可出售自己的作品，他肯定地説，除了為慈善，他不輕易出售他的作品。數年前，他曾為平安之家愛護殘障兒

童協會的籌款晚宴，書寫了一個“龍”字墨寶，在晚宴中作為重點的拍賣項目，競標結果以一萬加元賣出，陳漢忠“一字值萬金”的消息成為多倫多華人社區的佳話。翌年，該會再接再厲，邀請他繼續獻出墨寶作為慈善拍賣，以造福在北京的殘障孤兒。

陳漢忠不僅是藝術家，也愛表達自已的思想和見解，去年出版的著作《翰墨傳真——陳漢忠詩文集》，載錄了他感事抒懷、應酬即席、聯語嵌字的詩思雅興，加上幾十年間累積的詩詞、聯語創作，達三百多篇。從中可見他關切身邊的人和事，往往把生活的體驗、觀察與感懷，以作詩和填詞表達，又或是把古人的名句或名作賦予嶄新的演繹；例如他正在撰寫的《書法三字經》，便是用三字經的模式去寫關於書法的藝術。

即將出版的，還有《翰墨傳真——陳漢忠書法集》；彙集陳漢忠多年來篆、隸、楷、行、草及創意書法百餘件。

在接受紅楓傳奇訪問的時候，陳漢忠又意到筆隨，即席題了一首七言絕句詩， 道出他回味人生路的箇中感受：

“活出彩虹新世紀，
揮來妙筆締傳奇；
弘仁道遠肩千擔，
啟後承先義不辭。”

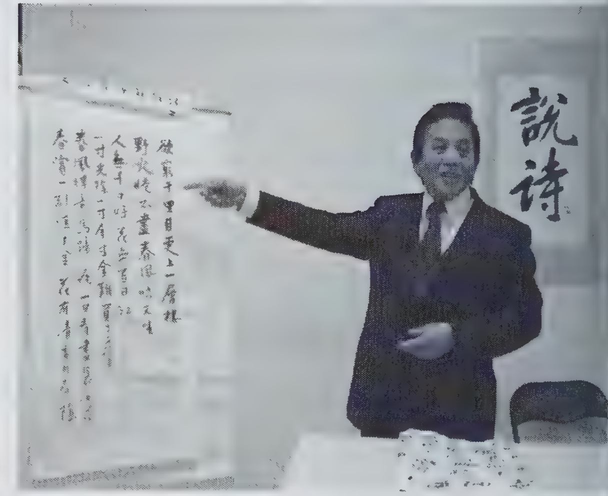




大學畢業典禮上代表受頒畢業證書
及優秀畢業生獎
Received graduation certificate and honours award at university graduation



30歲時
At 30



詩詞講座
Speaking at a seminar on poetry



大學畢業後服役年(23歲)
Attended military service at 23



創意的“龍”字拍賣一萬加元以救助殘障
Calligraphic artwork “Dragon” auctioned off at
CAD$10,000 to raise funds for handicapped child



代表作
Masterpieces



獲頒Queen Elizabeth jubilee Award女王獎
(2013)
Received Queen's Diamond Jubilee Medal



移民前任職中國電視公司所帶領的團隊
（第二排左三）
ader of working team at China Television before immigration (2nd row 3rd from left)



代表加拿大到日本奈良參加國際書法展，
當場揮毫。
Represented Canada to attend International Calligraphy Exhibition in Japan



與太太郭儒禎
With wife Jane

Master John Chen Han Chung

Chinese calligraphy has always been an art form to further one's own development. But for internationally renowned calligraphist Master Chen, it is not limited to just improving oneself. Over the last several decades, he has integrated poetry, calligraphy and painting in his life. Mr. Chen has also promoted Chinese culture, Chinese calligraphy, and multicultural exchange in Canada and on the international arts stage. He is committed to educating the next generation of young people, sharing his knowledge and insights in the arts. Indeed, the contribution that he has made to the community, with his 'legendary brush', is significant.

Master Chen has been called the modern 'Zhuge Liang', a historical figure well known for being a strategist and a scholar. Even while living in seclusion, Zhuge's reputation grew and was known as the 'Crouching Dragon'. Unlike Zhuge, Master John Chen does not live in seclusion, but like him, John is proficient in the arts: poetry, painting and calligraphy, his specialty. He is one of the top calligraphers in the world. After he immigrated to Canada in 1988, John established his own business, but continued to indulge in his passion for the arts, making it his mission to promote Chinese culture. Since 2003 when he became the President of Canada China Calligraphy Association, he led the Canadian calligraphy community into the international art scene, and held a number of major arts events in alliance with the rest of the world.

John's achievements were recognized when he was awarded the Queen's Diamond Jubilee Medal in 2013, the first person in the field of calligraphy to be awarded. In the same year, he represented Canada at the Third Annual Book and Art Forum, and gave a speech on "Art

education and communication in painting and calligraphy ". He was awarded the Outstanding Contribution Award in Calligraphy at the forum.

If you ask John his secret to success, he would respond quickly: " Sharp mind, macro vision, strategic decision and foresight."

John Chen was born in Penang, Malaysia, and moved with his parents to Taiwan when he was nine. His father's family was engaged in business and trade, and on his mother's side, the family was steeped in scholarly pursuits. John's maternal grandfather, Fu Xiqi, was acclaimed in poetry, literature and art. Both his mother and aunt inherited their family's scholarly traditions. His aunt was especially excellent in literature and calligraphy, with an outstanding character. She founded the Malaysia Bodhi High School in Malaysia, serving as its principal, and was much respected by the locals. Under the supervision of his mother and aunt, John studied poetry, calligraphy and literature during childhood. Through these daily rituals of reading literature and writing, he had a solid Chinese literary foundation.

John recalls that it was difficult to find calligraphic copybooks when he was young, and he would learn his writing on his aunt's scripts. After he entered high school, he used his brush strokes in the different calligraphic styles of Masters Liu and Yen. Much later John took more systematic calligraphy courses with Professor Wang Beiyue and Mr. Wang Kaihe, laying a solid basic foundation in calligraphy. John says his aunt had the most influence on him, and that he could never forget the example set by his grandfather. Decades later, he built a memorial building in Taiwan in tribute to his grandfather, Fu Xiqi.

Even in middle and high school, John revealed his writing talent, often writing thousand-word essays at a go. His teachers gave his writing

high marks, and he was frequently asked to read his work on the podium. John, already a scholar in his own right, was the school writer and magazine editor.

In 1965, he graduated from the Department of Chinese Literature at Tamkang University. After teaching a number of years at a high school, he joined China Television in 1972 and began a nearly 20-year career in television. He was a specialist, a team leader, and chief editor of two publications: "Western Illustrated" and "Western Culture and Education". Two TV series "Kuroshio" and "Television and Production Theory" were his representative works, written to reflect today's reality in society and his theory on television production.

Just as his career was on the rise in Taiwan, John decided to apply for immigration to Canada. At that time his workload was extremely heavy and there were a lot of after work engagements. He found himself often working from eight in the morning, until four the next morning. There was very little time left to spend with his family, let alone literary pursuits.

During this turning point, his wife Jane, a very important figure in John's life, encouraged her husband to get out of this all-too-consuming lifestyle. She was willing to struggle with him through thick and thin, to create a new life for themselves in a new world. Jane also grew up loving literature, calligraphy and art. The two of them work well together, helping and complementing each other perfectly.

They faced their biggest challenge in the first two years after their immigration in 1988. Since John had to stay in Taiwan to finish his work, and oversee the building of the memorial to his grandfather, his wife stayed alone in Canada with their children, while he travelled back and forth between Taiwan and Canada. Even though at that time they

did not understand Canadian culture and the regulations here, they had to fulfil their commitment to start a business since they applied as business immigrants. At times, they felt lost and that their future was murky. But they persevered to overcome difficulties one by one, and created a real estate investment company, New Era Investments Inc., which focused on commercial real estate investments such as shopping plazas in the 1990s.

Having succeeded in business, John refocused on his first love of Chinese literature and art. He also realized that art is critical to our lifestyle, societal trends and our cultural heritage. John founded the New Era Education Foundation to help the community. In addition to helping those in need, John also shares his expertise in the arts, bringing much delight and enjoyment to the local community.

In 2000, John became a member of Chinese Calligraphy Association of Canada, and was elected President in 2003. During his term of office, he led the association to participate in many national and international calligraphy exhibitions and events, and hosted an international calligraphy exhibition. He also founded the Chinese Painting and Calligraphy Association of Canada, integrating the different associations of art and calligraphy. He spent a great deal of effort promoting calligraphy and Chinese culture and his efforts are widely recognized in the community.

Master Chen is now Honorary President of Canada China Calligraphy Association, Chair of Canadian International Calligraphy Federation, and Executive Director of New Era Education Foundation. He is also Distinguished Research Fellow at Fudan University and Calligraphy Research Center.

Over the years, aside from hosting or participating in Canadian

and international art and calligraphy exhibitions, Master Chen has demonstrated his extensive knowledge of Chinese literature and poetry writing on many occasions at gatherings, exhibitions, seminars, and lectures.

Mr. Chen realizes that Chinese calligraphy is the cumulative result of thousands of years of Chinese culture, integrating literature and philosophy in an art form. He also thinks that the diligent practice of calligraphy can produce better 'qi', keep one's muscles active, and is a great way to keep young and healthy. He regards it his responsibility to teach Chinese calligraphic skills to others.

After decades of practice, Master Chen's calligraphic art has reached the highest level: "word inside painting, painting inside word". He could use any of the different calligraphic styles to make artistic creations. His magnificent cursive writing style is grand, elegant and flows smoothly, with a strong captivating visual impact.

Master Chen's calligraphic and literary talent has always been well regarded. In 2011, he was one of ten artists from around the world invited to participate in the "Commemoration of Revolution of 1911" Art Exhibition, featuring traditional Chinese painting, calligraphy, oil paintings, lithographs, sculpture and watercolors of nearly 300 works at the National Art Museum of China in Beijing. His calligraphy entry created for the exhibition is now in the collection of the National Art Museum.

If you ask him whether he sells his works, he affirms that, unless it is for charity, his works cannot be bought. A few years ago, his calligraphic artwork for the word "dragon" was auctioned off for $10,000 at a fundraising dinner for the Friends of Ping An Medical Foster Home. "Master Chen's word is worth gold" became a news story in the Toronto

Chinese community. The following year, the organization again invited him to create another calligraphic artwork for its charity auction to benefit the handicapped orphans in Beijing.

Mr. Chen is not only an artist, but also a writer. His book, published last year, "Master Chen Han Chung's Poetry and Prose Collection", is a collection of over 300 articles written in the last decades and consists of not only poems he wrote in the past thirty years, but also impromptu verses he composed at gatherings for fun or as a reflection of his feelings. It goes to show that he is always concerned about people and what is going on around him. He likes to write lyrics and poetry to express his life experiences, his observations and recollections. He also gives new interpretations of famous ancient sayings and masterpieces. John is currently writing the "Three Character Classic Calligraphy", a primer on the art of calligraphy modeled on the "Three Character Classic".

Soon to be published is another book: "Master Chen Han Chung - Calligraphy Collection", a collection of more than a hundred of his calligraphic works in the different traditional and creative Chinese calligraphic styles.

During this interview, Master Chen took a brush and wrote an impromtu verse to tell his feelings about his life:

My life has been a rainbow
With colourful strokes I pen a legend
A heavy burden on my shoulders
On the long road of benevolence I trudge



顏質燦醫生
Dr. Chit-Chan Gunn

融會中西醫之道 化解常人痛之苦

慢性痛症是一種困擾全球數億人的常見病症，有人更把它比喻為“不死的癌症”。幸好醫學界有一位全球知名的“止痛專家”——在加拿大行醫已經半個多世紀的顏質燦醫生。他早在1970年代發明了一種結合中西醫學兩者所長，既安全、又見效，且無須用藥或高昂醫療設備的治療新技術“肌肉內刺激法”（IMS）。經過30多年成功採用此療法為無數病人緩解痛苦，如今年屆84的顏醫生，仍然致力把其獨特的療法帶進新領域，以至地球每一個角落。

顏質燦醫生是痛症研究及治療學會（位於溫哥華）的創會主席，並任美國西雅圖華盛頓州大學多學科痛症研究中心的教授，也是一位廣受尊崇的卑詩華裔，曾於2006年獲《卑詩年鑒》選為“100位最具影響力的卑詩人”之一。更連年獲“章”；於2001年獲頒卑詩省勛章後，2002年“更上一層樓”，獲頒加拿大勛章。過去華裔獲此勛章者屈指可數。

加拿大針灸基金會也曾經授予顏醫生嘉獎，他由此獲得“克利福德·G·伍爾夫講師”名銜。這名譽每年只頒發一次，給予對針灸臨床應用科學有重大貢獻的人。他又曾獲另類醫療法國際獎和康復傑出獎等。這種種榮譽，當然離不開他對治療痛症作出的貢獻。

本身為西醫的顏醫生，從40多年前開始結合中西醫學兩者的長處，對慢性痛症進行研究和臨床治療，摸索出一整套獨特的神經針灸學——“肌肉內刺激法”（IMS），將針灸與現代有關慢性疼痛、機能失常神經、解剖學之間的醫療知識結合起來，成功地治理慢性痛症，堪稱加國在此領域的先驅人物。

幾十年來，無論通過臨床還是著述，他一直孜孜不倦地尋覓中醫與西醫的最佳結合點，以期互相加以驗證。他所發明的療法，也成為現今在中國廣為所用的“套管針灸法”。 他更致力把療法推廣至世界各地，以及培養下一代的治療人員，多年來足跡遍天下，到處講學及宣揚，於救治病人之餘，也把其醫道發揚光大。

在美滿成就的背後，顏醫生亦體驗過面對困難和障礙的苦與樂，正如他最愛引用的一句格言：“一分耕耘，一分收穫（No pain, no gain）”，豈不貼切不過地道出他的“脱苦”之道？

系出名門 走出不一樣的路

1931年生於馬來西亞的顏質燦醫生，是祖籍福建的第四代華裔。顏家是當地望族，其父顏麗德是知名科學家，曾任馬來西亞駐澳大利亞大使。

由於生於戰時，顏醫生坦言他兒時並沒有甚麼夢想，眼見戰爭帶來的人間疾苦，他只希望重見和平的日子，而他自小對自然科學有濃厚興趣,於是循著興趣走，1950年入讀劍橋大學，並於1955年畢業於劍橋大學醫學院。其後，他回到馬來西亞執業，並曾擔任兒科醫生。

他坦言，良好的背景和劍橋的訓練無疑為他的前途打好了根基，也加添他在人前的説服力。然而， 他還是要憑一己的努力跨過難阻，尤其當他遇上意想不到的轉變和挑戰。

1966年，顏醫生與家人一起移居溫哥華，原因是面對馬來西亞當時不穩的政治局勢，不少當地人都選上移民路。在他眼

中，加拿大是一個友善的國家，於是既來之則安之，卻想不到會接觸到另一種人間常見的疾苦。

1967年，他受聘於卑詩勞工賠償局，擔任駐診醫生，每天接觸到患上千奇百怪痛症的病人。最令他費解的是，很多痛症都並非因為受傷所致，而一般傳統療法亦往往未見成效，那個年代，醫生對慢性痛症的診斷和治療都沒有明確的思路，雖然對慢性疼痛症的治療方法很多，可還有許多不盡人意的地方，病人要到處求醫以作解救。

於是，顏醫生開始對疼痛的根源尋根究底；與此同時， 他開始對中國針灸療法感興趣，認為箇中理論和實踐蘊含著緩解疼痛的奧妙。

經過多方鑽研，他終於找到答案：發現造成肌肉和骨骼疼痛的根本原因，是由於“神經性疾病”引致其所支配的肌肉敏感和縮短，而使肌肉放鬆，正是治療的重點。

由此，他亦創始了“肌肉內刺激法”（IMS），借用中國傳統針灸的技術，配合西醫的機能失常神經和解剖學，進行診斷及治療。在診斷方面，西方的影像學及生物化學的應用，能提高診斷的準確性。而治療方面，則使用傳統的針灸針放入活塞型套管裏應用，成為一種新型治療工具，對局部肌肉進行刺激和鬆解，通過神經的傳導，調節內臟或病變區域的機體功能，達到治療的目的。

妙手仁心 發揚光大

這種集中西大成的療法，在1970年代正式面世，即使沒有馬上被醫學界接受和承認，或是引來不少懷疑和阻力，顏醫生

卻深信，只要療法見效，能真正救助病人脫離痛苦，終有一天會獲得肯定。

顏醫生回想當年面對的阻力來自不同方面，皆因這療法被視為“不中不西”；在西醫眼中，採用中醫理論和針灸法未免難成氣候，而中醫對採用西醫的診斷法亦有所保留，此外，顏醫生作為一位華裔，也面對著少數族裔要打入“主流”的障礙。

儘管被視為“另類”療法，這標籤卻沒有使顏醫生感到挫敗，反而堅持繼續臨床試驗和研究，深信努力耕耘，終有收穫。

1980年，顏醫生在溫哥華成立“顏氏痛症診療中心”，專門治理痛症，慕名求醫的人，來自世界各地。 他的療法和成果又獲得世界痛症學會肯定，於1991年亦被美國西雅圖華盛頓州大學多學科痛症研究中心聘為教授。

1995年，他創立位於溫哥華的痛症研究及治療學會；又於1998年 成為世界痛症學會的總監兼顧問。

2011年，他和太太向卑詩大學捐贈了一百萬元，作為設立IMS培訓計劃，資助研究生及本科生進行研究。最近，又捐出五百萬元，資助卑詩大學籌建“顏氏中心”（Chan-Gunn Pavillion），作為運動醫學及創傷治療的研究和教學工作，並且快將落成。

顏醫生在加拿大救死扶傷，治病救人，不僅盡獻一份功德，而且致力宣傳和講解科學理念，普及醫療知識，以此作為生活取向。他認為好的醫療方法並不應該成為私人的禁臠，而

應該讓其他醫生都能夠掌握，這樣才會有利於廣大的病患者。

多年來，他經常到世界各地講學，提高各地對此療法的認識，並且把肌肉內刺激法帶到地球每一個角落。 近年來，此療法在歐洲及東南亞和韓國發展迅速，成為各大醫院疼痛科、康復科、骨傷科、針推科等治療疼痛的常用方法。

他的著述，已收入西醫界通用的Bonica醫學手冊，他撰寫的教材還被譯成德、韓、日等國文字，被各國醫學院廣為採用，中文版《慢性疼痛症的顏氏治療法》亦已面世。

顏醫生十分重視訓練新一代的治療醫師，也知道這是不容易的事；他又慨嘆現今的西醫生都不會觸摸病人，就連解剖學也不再是必修的醫療學科。

他坦言，時至今日,阻力和挑戰依然在，不過他表示，一如既往，只要相信自己，努力取得有目共睹的成果，支持和肯定自然會隨之而來。

現時顏醫生的生活，依然花在教學,看病和研究，不過，他也是個講求生活藝術的人，對於養生、保健，以至中國藝術品，都有談不完的話，而且曾一度收藏藝術二百多件珍寶；於1970年代，他亦曾擔任加拿大亞洲藝術協會的創會理事，推廣亞洲藝術。

與他一席話，如同上了一次醫學、養生和人生課堂，領會到健康和藝術品一樣，都是無價的珍寶。


與太太
With Mrs. Gunn


站在佛家“慈雲”字畫前
Poses in front of Buddhist “Kind Clouds” sloga


以法國尼斯為主題的個人油畫作品
Own oil painting of Nice, France


欣賞新加坡藝術家Chen Wen His作品
Admiring Singapore artist Chen Wen His' work


欣賞新加坡藝術家Soo Peng作品
Admiring painting by Singapore artist Soo Peng

Nine in B.C. named to Order of Canada

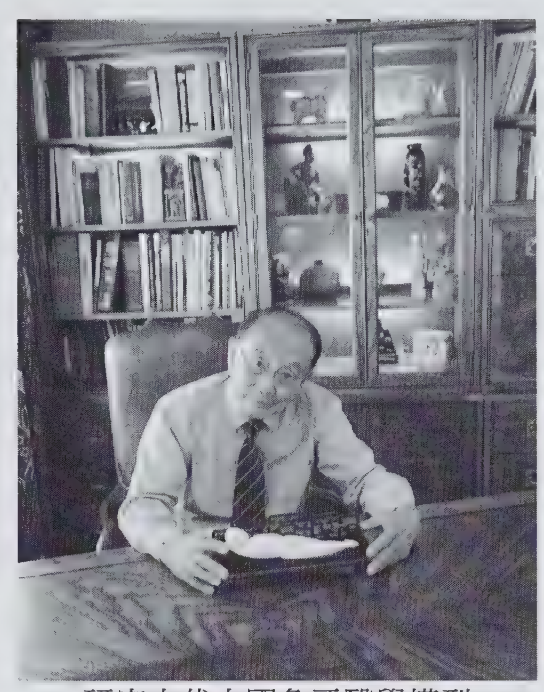
Community leaders to be inducted to order's first level this spring



Dr Chan Gunn is being named to the Order of Canada for his work making people pain free. He has pioneered a technique using Chinese acupuncture needles and modern science.

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溫哥華太陽報
Photo by Mark Van Manen, Vancouver Sun



研究古代中國象牙醫學模型
Studying antique Chinese ivory medical model.



治療病人
Treating patient with IMS



欣賞中國藝術家Choong Sun作品
Standing by Chinese Artist Choong Sun's painting

Dr. Chit-Chan Gunn

Chronic pain is a common disorder which plagues hundreds of millions of people worldwide. Some people compare it to the "cancer that does not kill". Dr. Chit-Chan Gunn, a world-renowned "pain expert" in the medical profession, has practiced medicine in Canada for over half a century. As early as the 1970s, he invented a safe and effective treatment method that does not use medication or expensive medical devices. "Intramuscular stimulation" (IMS) is based on a combination of Chinese and Western medicine. After more than 30 years of successful use of this therapy to relieve pain for many patients, the 84-year-old Dr. Gunn is committed to bringing IMS into every corner of the world.

Dr. Chit-Chan Gunn is the Founding President of the Institute for the Study and Treatment of Pain (STOP) in Vancouver, and also Clinical Professor at the Multidisciplinary Pain Centre at the Univeristy of Washington in Seattle. Widely respected, he was selected to be one of the "100 most influential Chinese Canadians in BC" in the book "BC Almanac Book of British Columbians" in 2006. In 2001 he was awarded the Order of British Columbia, and, in 2002, he was awarded a Member of the Order of Canada. Only a handful of Chinese-Canadians have been so recognized in the past.

The Acupuncture Foundation of Canada awarded Dr. Gunn with the "Clifford. G. Woolf' Award in 1995. This honorary award is only given out once a year, and recognizes the person with the most significant contributions made in the clinical application of acupuncture. He also won awards in alternative and rehabilitative medicine. All these honors, of course, centre around the contribution he made to the treatment of pain.

Dr. Gunn was trained in western medicine, and as many as 40 years ago was already exploring the nature of chronic pain and researching Chinese

and Western medicine for its relief. He was able to develop a unique therapy - "intramuscular stimulation" (IMS), to treat neuropathic pain, pain that arises not from injury, but from dysfunctions of the nervous system. In this therapy, an acupunture style needle is used to stimulate tightened muscles to relax them. While the therapy requires a knowledge of anatomy and neurophysiology, no drugs or expensive equipment is needed. He could be called a Canadian pioneer in the field of pain.

For decades, whether by clinical practice or writing, Dr. Gunn has worked tirelessly to find the best combination of Chinese and Western medicine, with a view to mutual validation. The therapy he invented has become widely used in China's "Casing Acupuncture" today. He is also committed to extending his treatment method everywhere, and to developing the next generation of therapists. Aside from treating patients, he has gone around the world to give lectures and talks for many years to explain and spread his medical knowledge.

Behind his success, Dr. Gunn had experienced many difficulties and obstacles. For him this motto is most applicable: "No pain, no gain". Perhaps it is the most appropriate summary of his story.

Chit-Chan Gunn was born in 1931 in Malaysia, the fourth generation of Chinese from the Fujian Province of China. The Gunns were a prominent family there, and his father Li Der Gunn was a well-known scientist, and once served as the Malaysian Ambassador to Australia.

Chit-Chan was born in wartime and he says that he did not have any childhood dreams because he grew up seeing human suffering around him as a result of the war. His only hope was to see peace. He was brought up to have a keen interest in the natural sciences. In 1950, he was admitted to Cambridge University, and graduated from its School of Medicine in 1955. He then returned to Malaysia to practice as a pediatrician.

He says frankly that his family background and his training at Cambridge undoubtedly lay an excellent foundation for his future, and it also made his work more convincing. However, he still had to rely on his own efforts to conquer the obstacles in his way, especially when he met unexpected changes and challenges.

In 1966, Chit-Chan and his family moved to Vancouver, when the political situation became unstable in Malaysia, and many locals elected to leave. In his eyes, Canada was a friendly country to settle down in, but he did not anticipate that he would encounter a different kind of suffering.

In 1967, he was employed as Clinic Physician at the Workers' Compensation Board of British Columbia, and he came into daily contact with patients suffering from various kinds of pains. The most puzzling was that many of these pains were not due to injuries, and general traditional therapies were often without success. At that time, doctors did not have a clear idea about the diagnosis and treatment of chronic pain, and many treatment methods were not satisfactory for chronic pain. Patients would often try to seek medical remedies elsewhere.

As a result, Dr. Gunn tried to get to the root causes of pain. At that time, he became interested in Chinese acupuncture and thought that there might be theoretical explanations and practical solutions within that practice of medicine which could alleviate pain.

After much study, he finally found the answer: a root cause of pain in muscle and bones is due to "neurological dysfunction" caused by muscle sensitivity and shortened muscle. The focus of treatment is by relaxing the tightened muscle, relieving the pressure on the damaged nerves.

He developed the "intramuscular stimulation" (IMS) treatment,

borrowing from Chinese traditional acupuncture techniques, and applying the knowledge of Western medicine in malfunctioning nerves and human anatomy as well as using its discipline of making a correct diagnosis before treatment. Imaging and application of biochemistry improve the accuracy of diagnosis. The treatment is the application of acupuncture style needles with piston sleeves for local muscle stimulation. The needle releases and stimulates the muscle, and by nerve conduction, the body's internal organs are regulated, achieving therapeutic results.

This therapy, grounded upon both eastern and western methodologies, was launched in the 1970s. Although it was not immediately accepted and recognized by the medical profession, and even attracting a lot of suspicion and resistance, Dr. Gunn was convinced that as long as the therapy was effective, and could truly relieve the patient's pain, it would eventually be recognized one day.

When Dr. Gunn thinks back to the opposition he faced from different areas, he feels it is because this therapy was considered "neither Chinese nor Western". In the eyes of Western doctors, the use of traditional Chinese medicine and acupuncture poses a real problem. Traditional Chinese medicine practiitioners also have reservations about western diagnostic methods. Moreover, Dr. Gunn, as a Chinese Canadian, had to face the kind of barriers minorities face whenever ethnic groups try to break into "mainstream".

Despite his therapy being regarded as "alternative" medicine, Dr. Gunn did not feel frustrated, but continued to insist on clinical trials and research. He was convinced that with hard work, he would finally succeed.

In 1980, Dr. Gunn estabished the "Gunn Pain Clinic" in Vancouver

for the treatment of pain. Patients came from all over the world for treatment. His therapy and work was recognized by the World Institute of Pain. In 1991 he was hired as Clinical Professor by the Multidisciplinary Pain Center at the University of Washington School of Medicine at Seattle.

In 1995, he founded the Institute for the Study and Treatment of Pain in Vancouver, a non-profit organization dedicated to research, treatment, training, and education in chronic pain. In 1998, he served as Director on the Advisory Board of Pain Specialists at the World Institute of Pain.

In 2011, Dr. Gunn and his wife donated one million dollars to the University of British Columbia (UBC) to create an IMS training program, an IMS research fund for graduate and undergraduate students, and an annual lecture focusing on IMS and pain caused by nerve damage. Earlier this year, they donated five million dollars to fund the building of Chan-Gunn Pavillion at UBC. When completed, it will be used as a sport and exercise medicine, research and patient care centre. IMS will be offered at the centre and as a drug-free treatment, it is preferred by Olympic and professional athletes.

Dr. Gunn has saved lives and helped many patients in Canada. He not only performs his duties as a doctor, but his goal in life is also to promote and explain the scientific concept of his therapy. He believes that effective medical practices should not be the exclusive domain of a few, but should be within the grasp of other doctors, so that all patients can benefit from them.

Over the years, he has often gone around the world to give lectures on intramuscular stimulation, to raise awareness about this therapy. In recent years, his methodology has been spreading rapidly in Europe, Southeast Asia and Korea. It has become a common approach in pain

treatment, rehabilitation, orthopedics, and acupuncture.

His writings have been accepted in the Bonica medical manual. The textbook that he wrote has also been translated into German, Korean, Japanese and other national languages, and is widely adopted by universities and hospitals in various countries. The Chinese version of "The Gunn Approach To The Treatment of Chronic Pain" has also been published.

Dr. Gunn attaches great importance to training the next generation of physicians, but he also knows it is not easy to do. He laments doctors nowadays do not touch their patients, and anatomy is not even a required medical discipline anymore.

He admits that resistance and challenges still remain today, but he is of the firm belief that if one believes in oneself, support and recognition will naturally follow the results of one's hard work.

Dr. Gunn is still spending his days teaching, doing research and providing clinical care. However, he also puts a lot of importantce on the arts. He could talk endlessly about keeping healthy, keeping strong and on Chinese fine art objects. Once he had collected over 200 pieces of Chinese ceramic and porcelain pieces. In the 1970s, he served as a founding director and past president of Canadian Society for Asian Arts, which promotes the appreciation and understanding of the arts of Asia.

A discourse with Dr. Gunn is like taking in a classroom lecture in medicine, health and life. One gets to understand that one's health, just like the art objects he collects, is priceless.



侯伯治教授
Professor Alec Bo Zhi Hou

一生一熱愛 琴弦譜出人生樂章

在這個追求多姿多彩、多才多藝、多元化、多功能的年代，像侯伯治教授這樣只有單一追求，並且把一生時間、精力與心血投入其中的人，實在是少之有少。他對小提琴藝術的熱愛，卻是多而又多；從演奏、教授、鑽研，以致親手製作小提琴，都超越了用獎項和名氣界定的"成就"。他的一生，就如一首由熱愛譜奏而成的美妙人生樂章，感染身邊的人，延展至下一代。

侯伯治是教授之中的教授，有50多年教授小提琴的經驗，19歲已開始收學生，桃李滿天下，他也是一位演奏家，早年就讀於上海音樂學院，畢業後即成為上海芭蕾舞團樂隊首席小提琴、上海交響樂團室內樂隊首席兼隊長；曾出任芭蕾舞劇《白毛女》的首席小提琴。

1981年移民加拿大以後，他曾擔任雷灣樂隊首席、尼亞加拉樂隊首席，然後受聘於北美頂尖音樂學府加拿大皇家音樂學院教授小提琴。

1991年，他參與創立多倫多華人藝術家中心，20多年來致力培育藝術新秀，增進各族裔間的文化交流，現為中心的理事長。

單是看以上簡介，也許沒甚麼傳奇色彩可見，然而，只要細聽侯教授娓娓道來他的人生路，如何一切從小提琴出發，走上艱辛的藝術旅程，沿路一直堅持理想，你會感嘆他用專一、熱愛和決心譜寫出的，正是一首豐富多彩的人生組曲。

走上艱辛藝術路

侯伯治教授的人生上半場，可説是有點生不逢時；1940年出生於音樂世家，時值八年抗戰，一家享受音樂的生活因而受到諸多限制。然而，儘管要等到14歲才開始拉小提琴，他馬上全情投入專注學習，很快成為出眾的學生；19歲考進了上海音樂學院後，成績幾乎每一年都名列全系第一，更成為第一位打破評分標準，拿到超過滿分的學生。

正當籌躇滿志，要踏上一片光明的音樂演奏大道，侯伯治即遇上席捲全中國的文化大革命。1965年，他被分配到上海芭蕾舞團樂隊，並為紅極一時的樣板戲《白毛女》擔任首席小提琴，還到北京為毛主席演出。豈料回到上海，竟被批為“反動學術權威”被隔離審查，一隔離就是33天，被關在一間狹小的儲藏室裡，他的樂隊首席資格也被剝奪。這個案子其後不了了之，也成為他後來決心移民加拿大的原因。

他自認是一個“白專典型”；除了對小提琴，其他一概沒有興趣，每次有政治運動，總感到壓力很大。這次政治衝擊，讓他感到切膚之痛；文革以後，儘管在國內獲得藝術界很高的評價，以及有許多演奏機會，可是想到與其在國內，將來再來一個甚麼運動，受整挨批，不如到外國去專心搞個人藝術，加上他哥哥已在加拿大，於是毅然申請移民到加拿大。

新大陸現曙光

剛到多倫多的那段日子，侯伯治教授跟許多新移民一樣，經歷不少艱辛與考驗，其中一個要面對的重大抉擇，是應否為現實而放下理想。

他回想剛從國內出來，付完行李托運費後，身上僅有一千

美元；支付醫療保險又用去了幾百元。當時能走的路無非是：教琴、開音樂會、或是加入一個樂隊。

他曾在報上登招生廣告，登出去三個月，才接到一個電話，對方還嫌費用太貴。當時他初來乍到，在本地沒有背景，所以無人問津。

開音樂會也勞而無功。他費了好大力氣，和幾個志同道合的朋友一起張羅，折騰了三、四個月，最後雖然演出效果還不錯，但收入方面卻不盡人意。

一次從報上看到一個芭蕾舞團要招小提琴手，他覺得很對口，就和人家約了去面試。對方讓他拉一段曲子，然後坦率地說：“你的琴拉得確實不錯，可你的風格聽上去太激進，對於本地人來説就顯粗糙一些”。他的意思是，對他的背景和中國風格有所顧慮。

一次又一次的嘗試與挫敗，使他的心收緊：“新大陸的曙光在哪裏?”

有人建議他改行做生意，但他還是堅持認為自己在小提琴方面的知識技能應是有所作為的，所以不願意背棄自己對音樂的追求。有一天，才三歲的女兒問他：“爸爸我可不可以學琴？”他因為付不出300元買小提琴，於是自己動手做女兒學琴用的第一把琴。

正因為想到跟他一樣愛上小提琴的女兒，他堅決認定對藝術、對人生有執著的追求，並且堅信再苦、再難的日子，一定會過去！

他引述《三字經》上說：“養不教，父之過；教不嚴，師

之惰。”他既是父親，又是老師，責任是雙重的。

1982年，他在安省西北部雷灣的一個小樂隊被聘用為副首席小提琴手，可說是“騎馬找馬”。

幾年後，他去多倫多參加一個音樂會，沒想到多倫多皇家音樂學院的院長也在觀眾席，對他的演出非常讚賞，當場到後台找他，提出邀請要他到學院去工作。與小城樂隊相比，他想到回到多倫多，進入皇家音樂學院，當然吸引力要大得多，於是爽快地答應了。

任職多倫多皇家音樂學院，是他數年動蕩奔波的移民生涯的里程碑，也是對他堅持理想的最好回報。

延伸理想　作育英才

侯伯治教授對小提琴藝術的實踐很全面，除了作為小提琴手參加演出，也用心傳授小提琴技藝，教育培養年輕的小提琴手。過去50多年來。他教授過數以百計的學生，當中從5歲到70歲教授都有，而且不光在多倫多有學生，一些人還千里迢迢過來學琴，甚至紐約著名的朱麗婭(JULLIARD)音樂學院還推薦學生給他，因為他們都知道在北美教小提琴，他是很有水準的。從早年開始，他已從經驗中鑽研出自己的一套他形容為“科學性”的教學法；強調的是如何練好手部肌肉的運用，就像運動員一樣，要先鍛鍊好肌肉。

他的學生，有不少在多倫多及國際知名的音樂比賽中贏得傑出大獎；而其中佼佼者，當然是他的女兒──世界頂級小提琴家侯以嘉。

侯以嘉四歲開始隨父親學琴，短短幾年後就在多倫多皇家音樂學院和加拿大各種比賽中頻頻獲獎，並與多倫多交響樂團合作演出。當時的多倫多音樂界已普遍看好這位天才女孩，一致認為她日後必成大器。

1997年，當侯以嘉還是朱麗婭的學生時，就一舉奪得了西班牙帕比盧・薩拉撒蒂國際小提琴比賽的頭獎，成為歐美各大報章的報道對象。隨後，她的鋒芒更健，1999年連續奪得了意大利魯道夫・利派茲國際小提琴比賽和巴黎瑪格麗特・隆一雅克・蒂博國際小提琴比賽的兩項第一名，是有史以來第一次。從此，世界著名小提琴家的行列裏又增添了一個中國人的名字。當她從巴黎載譽歸來時，朱麗婭校園一片轟動。如今女兒的音樂事業如日方中，大家都拭目以待她未來的成就。

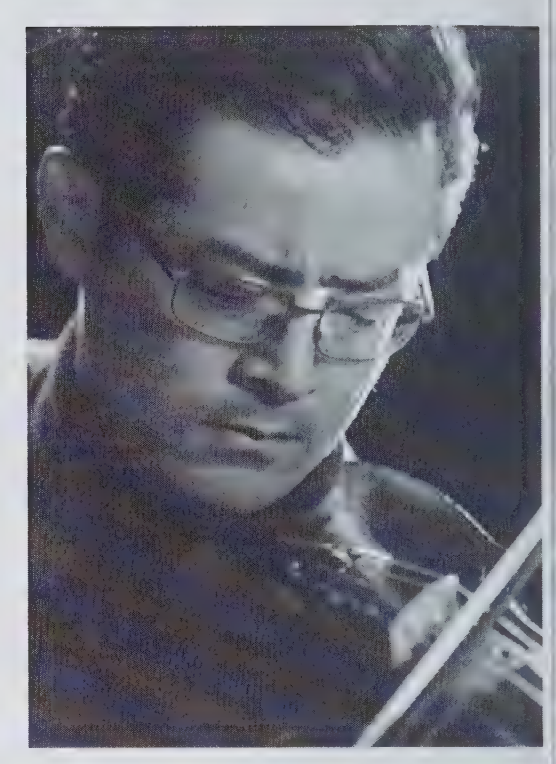
女兒的成就當然讓侯伯治感到驕傲和自豪；有感自己的藝術生命，在女兒身上得到了延伸！他也坦言在培養和教育女兒方面，付出了雙重的努力，其中的辛酸苦辣及無窮樂趣，也盡在不言中。難得的是，他的太太也是一位小提琴演奏家和教師；多年來同心教養女兒，且並肩走藝術人生路，不離不棄。

時至今日，侯伯治教授依然熱心培育下一代；在多倫多華人藝術家中心20多年來組織了各種演出活動，並且創立了青少年管弦樂團，希望把年輕一代音樂家推上舞台，推動多倫多華人音樂事業的發展，和培養青少年一代。

這位“白專典型”深信，只要專心為了自己的信念，怎麼做都是值得尊重的。他對藝術、人生，也有類似的體會：“只要肯付出，總會有回報！”



全家福
Family portrait



拍於出國前（1979-80）
Before leaving China



到加以後，在皇家音樂學院演出
After arriving in Canada, at
The Royal Conservatory of Music



表演後與音樂指揮大師董麟合照（2001
After performance, with master musician Ling T



於中國演出貝多芬小提琴協奏曲（1978）
Performing Beethoven's Violin Concerto in China



於皇家音樂學院演出
At The Royal Conservatory of Music



被邀返中國演出（2006）
Invited to return to China for performance



女兒初學小提琴，用父親為她手製的"小型提琴"
Daughter learning violin with handmade violin by Dad



學生劉健1983年獲得全國青少年小提琴比賽第一名
Student Liu Jian won First Prize at 1983 National Youth Violin Competition

Professor Alec Bo Zhi Hou

In this age of tireless pursuit for the glamorous and glorious, it is rare to find someone like Alec Hou, who loves the violin so deeply that he invests his entire life and energy into this single musical instrument. His achievements as a violinist, as a violin teacher, as a father and family man, all go beyond the definition of "success" conventionally measured by awards and fame. His life, like a beautiful musical composition created through his love of the violin, influences everyone around him and extends to the next generation.

Alec Hou is a teacher among teachers, with over 50 years of experience in teaching the violin. He started teaching students when he turned sixteen, and now, his students are everywhere in the world. But Alec Hou is first and foremost a solo violinist and concertmaster himself, having studied at the Shanghai Conservatory of Music. Following graduation, he was appointed the Leader, Concertmaster and Soloist for many orchestras in Shanghai, including title roles at Shanghai Symphony and Ballet Orchestras and Shanghai Film Board, and was sought after to perform violin solos in productions such as the "White-Haired Girl".

After immigrating to Canada in 1981, he served as concertmaster at Thunder Bay Symphony Orchestra and later at Niagara Symphony Orchestra. He was then invited to be Faculty of Violin at one of the top music institutions in Canada: the Royal Conservatory of Music of Toronto.

In 1991, Alec Hou co-founded the Chinese Artists Society of Toronto, and for over twenty years since then, he has worked tirelessly to provide performance opportunities for young musicians, promoting cultural exchange amongst different ethnic groups. He is now Chair of the Board for that non-profit organization.

On the surface, Alec Hou's story might not appear to be legendary. However, when one listens to Professor Hou when he talks about his meandering life, how everything started with the violin, how he persisted in his vision and dreams during this arduous and challenging

journey, one could not help but find his life story a rich colourful composition crafted with love, dedication and determination.

One could say that Alec was not born at the right time in history. He was born in 1940 into a musical family during the eight-year war waged against Japanese aggression, when his family was severely limited in what they could do. However, despite beginning his violin studies at age fourteen, Alec immediately focused on it whole-heartedly, and became an outstanding student in just over 4 years. He won the coveted entrance to study at the Shanghai Conservatory of Music at nineteen, and placed first amongst the entire department nearly every year of his studies. He then became the first and only student in the history of the Shanghai Conservatory to ever be awarded 'above full marks' at his graduation, with great distinction.

In that same year of 1965, Alec was appointed to the Shanghai Ballet Orchestra (SBO), and performed as Concertmaster and Solo Violinist in the widely popular and newly adapted-from-opera ballet titled "White-Haired Girl", one of the only eight plays permitted for public performance in China. He led the SBO as they were invited to perform for Chairman Mao in Beijing.

Sadly it was during this period of time, as Alec's career was flourishing, when the Cultural Revolution swept across China. Almost overnight, his career came to an abrupt halt. Alec was accused as a "reactionary academic" and locked up in isolation – in a small storage room underneath the staircase in the school - for 33 days and forced to confess his alleged wrongdoings, amongst which was his tutelage of his fellow musicians in 'western classical music'. After 33 days of investigation, he was finally released without any explanation or closure, and was thereafter demoted, his leadership titles stripped away. This was tremendously disheartening, and ultimately became the primary reason for his subsequent decision to leave the country with his family.

Alec admits he has a singular-track mindset. He is not interested in anything else except the violin. Politics and political movements gave him a lot of pressure. The isolation was a particularly painful experience for him. After the Cultural Revolution passed, Alec regained highest accolades and acclaim from the community and his fellow artists, and

he even gave the first performance of "western classical music" in all of China (Beethoven Violin Concerto in Shanghai), but he never again stepped forward to lead musicians or orchestras, and continually turned down opportunities and promotions offered to him, for fear of another political upheaval. He did not want to risk ever being accused again. With his brother in Toronto, he decided to apply for immigration to Canada.

Like many newcomers, Alec faced tremendous challenges and hardships in the first days after landing in Toronto. After paying for the freight of their baggage and health insurance, he was left with only US$1000. One of the most difficult decisions he had to make in his whole life was at this moment. His choices for starting a new life in Canada were limited and he had to support his family – his wife and 3-year-old daughter. So after long deliberation, he decided to give up his dream of becoming a world-class soloist and try to teach or join an orchestra.

He posted ads in the newspaper to recruit students for three months but there was only one phone call and the caller felt that the lesson fee of $16/hour was too high. At that time he was an unknown entity in Canada, so no one wanted to hire him as a violin teacher.

Giving a self-promoted concert also turned out to be a futile effort. He and a few like-minded friends spent three or four months to prepare for the concert and although the performance was good, the income was not nearly enough to support a family of three.

Once Alec saw an ad in the paper for a violinist position with a ballet company, and it seemed like a good fit for him. The interviewer asked him to play a piece and said frankly, "Your playing is excellent, but Western Ballet is different from Chinese Ballet and…you don't have any Canadian experience."

Again and again he tried and was disappointed each time. His heartstrings tightened, he asked himself: "Where is the dawn of the New World?"

His brother suggested that a life in music was too difficult, and that he go into business instead, but Alec persisted, holding fast to the

belief that his knowledge and skills in violin would one day amount to something. And even if he could not have his dream career, he simply could not abandon his pursuit of art and music.

One day, his three-year old daughter asked him: "Daddy, can I learn to play the violin?" Alec could not afford the $300 to buy a violin, so he told his daughter her hands were too small – which was true – and she had to wait.

Whenever he thought about his daughter, who fell in love with the violin just as he did, he firmly believed that he must persist in his pursuit of a life in music, and that these difficult days must come to pass!

He quotes the "Three Character Classic": "The father is lax if he brings up a child without teaching her. The teacher is lazy if he teaches a student without being strict." He is the father, and also the teacher, so his responsibilities are twofold. When his daughter was 4 years old, she could not wait any longer to start violin, so Alec carved her first violin out of a Canadian Maple fire-log using homemade tools.

In 1982, a letter came from Thunder Bay, Ontario. It was from Dwight Bennett, and he had heard of Alec and his wife – also a talented violinist – through Steven Staryk, a Canadian violin virtuoso. Dwight was the Music Director of the Thunder Bay Symphony Orchestra and he invited Alec to be the Assistant Concertmaster. At last…a doorway to a life in music!

A few years later, the Dean of the Royal Conservatory of Music of Toronto – Robert Dodson – happened to be in the audience when Alec performed The Butterfly Lovers' Concerto at Toronto's Massey Hall. Right after the performance, the Dean went backstage to look for him and invite him to work for the conservatory. Of course the offer was most welcome, as this enabled him to return to Toronto, a much warmer city, and closer to his family.

The post at the Royal Conservatory of Music was a key milestone in Alec's tumultuous career after immigrating to Canada, and provided great encouragement and testimonial for his persistence in adhering to

his musical ideals.

Alec has a comprehensive approach to the art of violin. In addition to performing as a soloist, he openly shares all his musical and violinistic knowledge with his students.

Over the past 50 years, he has taught hundreds of students, ranging from 4-year-olds to seniors, including a 72-years-old retired professor from the University of Toronto. Today, Alec's students are not just from Toronto. Some travel from thousands of miles away. The late Dorothy DeLay, renowned violin pedagogue of the 20th century, recommended young talented musicians to study with Alec. She even asked him if she could 'steal' some of his fingerings and bowings for her music editions and teachings.

From very early on, Alec developed his own teaching method based on many years of playing experience, which he described as a "scientific" method. This method puts emphasis on training the muscles in one's hands like an athlete – it is very important for violinists to develop excellent muscular dexterity.

Alec's students have won awards at local and national levels, and at prestigious international violin competitions. Today, many of his students study, perform or teach at some of the finest institutions in the world, and Alec is very proud of them. Perhaps his best-known student is his daughter, Yi-Jia Susanne Hou, who is one of the world's top solo violinists.

Alec taught his daughter Susanne – practicing with her every day for 2 hours – starting at age 4. A year later, Susanne made her public debut performance when they played a duet together, and by age 8, Susanne was already recognized as a child prodigy, invited to attend the Royal Conservatory of Music. Driving her every three to four weeks to New York to study with Dorothy Delay, Alec and his wife Yvonne kept Susanne in a regular school to give her a well-rounded education.

In 1997, Susanne captured Gold Medal at the Pablo Sarasate International Violin Competition in Spain and became headline news in Europe and America. Subsequently in 1999, she became the first

person to win three gold medals at international violin competitions, winning both Concours International Marguerite Long-Jacques Thibaud in France and the Rodolfo Lipizer International Violin Competition in Italy back to back. When she returned with her victory from Paris, she became a campus sensation at the Juilliard School. Now his daughter's musical career is approaching its zenith, with everyone watching her every move and success.

Alec is certainly proud of his daughter's achievements. She is now extending the musical journey that he undertook so many years ago. In some way, she is now living the life that he could have lived. He says frankly that he has put in double the effort in bringing up and teaching his daughter at the same time, and it is hard to describe the mixed feelings of joy and sorrow that he experienced all these years.

Today, Alec Hou is still enthusiastically nurturing the next generation of young artists. Over the past twenty years, the Chinese Artists Society of Toronto has organized numerous fundraising performances for many worthwhile causes. He also co-founded the Youth Orchestra, in efforts to develop an incubation program for young musicians by surrounding them with excellent professionals and giving them a stage to perform on. He has actively promoted the development of arts and culture in the Chinese Canadian community, and he has done this all voluntarily for his non-profit organization.

Alec Hou, with his singular-track mind, is convinced that if one is truly dedicated to one's beliefs, whatever one does is worthwhile. In art, as in life, he believes: "There will always be a return if one is willing to contribute!"



李秀梅女士
Ms. Ida Li

無私無求 只求真善美的義工典範

李秀梅女士是一位全職義工，甚至可說是“超時義工”，而且一做便做了20年。自告別香港如日方中的事業，移民到加拿大以後，便由一位愛購物、好玩樂、講求生活享受的事業型女性，轉化成一位只求行善、樂於助人、不求回報的義工。時至今日，她除了擔任國際佛光會多倫多協會副會長，成為佛光山與社會的一道重要溝通橋樑，也同時參與多個慈善團體的工作，默默耕耘 ，把每一件工作做到盡善盡美；這種精神，堪稱義工的典範。

李秀梅說“紅楓傳奇”是她一生中第一次獲得的獎譽，聽來有點難以置信；由此亦可見她從不在乎是否受到讚許或表揚，只在乎不斷的付出，而且她擔任的義工職責，往往是幕後工作；別人看到的都是她的“傑作”，而非她的臉孔，她也笑言多年來因為很少拍照，一下子要找相片，選擇實在不多。

她說自己的一生並沒有甚麼峰迴路轉的“傳奇”可以述說；她形容自己的人生恍如航行在一條運河上，平靜無波。然而，對於每一個大小經歷、每一天接觸的人和事，她總會懷著一份“歡喜心”投入其中，細心體驗，用心學、用心做。

一邊聽她回憶以往走過的路，發覺她曾經踏出的每一步，都好像為了準備她日後要完成的使命，就是作為一位全時間義工。而這些經驗、知識與才能，亦在種種義務職責中派上用場，幫助有需要的人、造福社群。

從美的追求出發

李秀梅在香港出生及長大，父母由街頭小生意做起，經歷

了香港六、七十年代的磨練，才逐漸建立了一盤穩定的家族生意，是典型的香港中產家庭。成長中唯一憾事，是爸爸在她十四歲時去世，但幸好她生長於一個傳統相親相愛的中國家庭，六兄弟姊妹中排行最小，在母親，哥哥及姊姊的悉心關懷及照顧中成長，她感到自己是”身在福中”。

完成中學課程後，她在1977年負笈加拿大；1983年於多倫多約克大學取得藝術系學士。畢業後回香港工作，第一份工作是任唱片公司製作經理，經過十年青雲路上的努力實幹，晉升至一間攝影器材公司的廣告推廣部經理。

問她是否從小熱愛藝術，有否夢想成為藝術家？她表示並沒有定意要從事藝術行業，只是天生喜歡美麗的事物，於是隨心選上視覺藝術。這份對美感的追求和培養，儘管沒有引領她走進藝術界，轉而晉身商界，然而，在她走進“義工界”以後，這方面的天份、興趣和專長，卻得以盡情發揮，並推動她更進一步發展及發掘自己的潛能。

在過往參與的不少慈善活動中，李秀梅都是負責場地佈置、設計，以致親手製作場內擺設，而最大挑戰，就是如何帶領一班義工同心合力，以有限的人力、物力、財力炮製出最具震撼力，並且與活動主題配合的場景和氣氛，使活動生色不少。另一難忘體驗，是為智障人士安排一個聖誕花藝工作坊及 “花藝頌親恩”活動，讓智障兒童過一個特別節日。令她最為感動的，是看到智障人士的母親接到兒女自製心意禮物時，臉上流露的欣慰和喜悅。

其後，她亦開始認真學習插花藝術；過去五年，更專攻日式小原流(Ohara)插花藝術，為的也是可以在佛光山舉辦花藝興趣班。

移民才是回歸、皈依

李秀梅丈夫的家人早在80年代已移民加拿大，加上她的姐姐和哥哥亦於90年移民多倫多，於是她在1993年隨丈夫移民多倫多；要放下的，是當時在香港一個舒適的家、一份安穩高薪的工作，以及非常吸引的前景；還有司機、傭人，一種令人羨慕的生活。

移民初期，她與丈夫及姐姐一起創立軟水工程公司，跟許多新移民一樣，嘗試融入本地生活，日常的生活是工作及家庭；娛樂就是唱歌、跳舞和逛街，生活不算富裕，但經濟還算穩定。在順遂的生活中，她對社區的關注，亦僅限於“出錢”捐助一些慈善機構。

直至1998年，佛光山在多倫多舉辦世界會員大會，需要大量非會員幫忙，有人拉她幫忙，自此開始了她第一次“出力”的義務工作。當時參加這大會的會眾有千多人，並且來自世界各地，她負責預備一些“加拿大特產”作為紀念品，由此亦引發她在手藝於設計方面進一步投入和發揮。

歸根究底，她説最初吸引她成為義工的，是處身其中感受到的那份歡喜心；開心的事當然要繼續做下去。雖然她當時還未信佛，但也樂於正式加入了佛光山成為義工，第一樁任務是在會員茶室“滴水坊”負責泡茶、煮麵，一煮便煮了十多年，每星期一次，風雨不改。

自加入佛光會後，她看到佛教不單是講一己的修行，也講“人間佛教”；要走進社區，回饋社會。於是她也開始在多方面參與佛光山在社區內推展的善事，並且擔起領袖的角色，例如，帶領青年參與政府舉辦“街頭節”、“公益金百萬

行”，又參與頤康與萬錦市政府辦的Harvest Gala籌委會、“和諧網絡”(Harmony Network)靜態拍賣的佈置、士嘉堡醫院籌款晚宴的會場中央擺設。她又帶動團隊參加加拿大幹細胞登記活動的義務工作；多倫多安大略亞裔文化月華人音樂及表演藝術節等等。

2000年，她正式皈依，成為佛光山的中堅份子。2009年，更成為佛光會的副會長，推動這團體更多地參與社區，幫助新舊移民融入社會，例如對多倫多大學的社工系獎學金計劃的資助、孟嘗會的“孟嘗義跑頌春暉”、耆暉會的“社區一站式服務”會址籌款、社區義工及環保工作安排等等，都有影響性的裨益。

行善無國界 只問平常心

李秀梅的義工生活隨著年日開花結果，她也不斷擴展自己的眼界和義工生活圈“，參與其他慈善團體的活動和工作。除了本地慈善及文化工作外，2005年亦加入了福慧教育基金會，十年來參與籌款工作，幫助在中國廣東和四川的大學生，以及在涼山的孤兒，其後她亦成為基金會理事之一。

2007年，當她得悉巴西貧民窟的小孩課餘淪為街童及毒販的招收對象，便坐言起行，推動及跟進“巴西貧窮兒童──如來之子計劃”籌款活動，讓他們在課餘可以有健康活動。

2009年，她加入了金水仙晚宴的義工行列，主要負責場地佈置工作。金水仙基金會每年四月都舉辦金水仙晚宴，為加拿大防癌協會籌款。

最近，她又參與正在始創階段的一個原住民營養飲食計

劃，積極推動年青人加入為此計劃籌款的工作。

她屈指一算，表示最高峰時期，她同時有五、六項活動的義工任務要負責，而且全都不分大事小事，親力親為。若問她的成功之道，她説：“做義工最重要是用心、真心…即使是有困難，也是一種磨練。

她也坦言，多年來自有經歷過高、低潮，尤其是看到一些人事上的問題，或有時慨嘆好的義工不易找。在她眼中，義務工作無分貴賤與大小，即使是掃地，也有其價值。她也認為義工並非“喜歡則來、不喜歡則去”，又或是把“我只是義工而已”掛在口邊；作為義工，其實更需要有承擔。

20年來，李秀梅一直身體力行這份義工應有的精神，細水長流地抱著平常心，以出世的心做入世的事，既帶動自己的家庭及親友，鼓勵身邊的移民家庭，不分老幼，共同從金錢以至義工勞力時間的去參與及回饋社會。從自己的改變，讓身邊的朋友認識到，將金錢用在別人的身上會帶來更多的快樂和滿足，體會“施比受更有福”的真諦。

二十年的義工路，她沒有白走，也要繼續走下去，並且沿路分享她的人生座右銘：

“樂觀滿足生歡喜，看破放下得自在”。



佛光山“一字筆”展覽：星雲大師（2012）
Exhibition at Fo Guang Shan featuring
Master Hsing Yun



與前總理馬田（2002）
With former Prime Minister Paul Martin



頤康“健頤行”（2005）
Yee Hong “Walk and Roll”



佛光山滴水坊義工15年（2002）
Volunteering at Fo Guang Shan's tea house
for 15 years



為“榕樹下”機構智障人士安排聖誕
插花活動（2008）
Christmas flower craft workshop for
mentally handicapped children



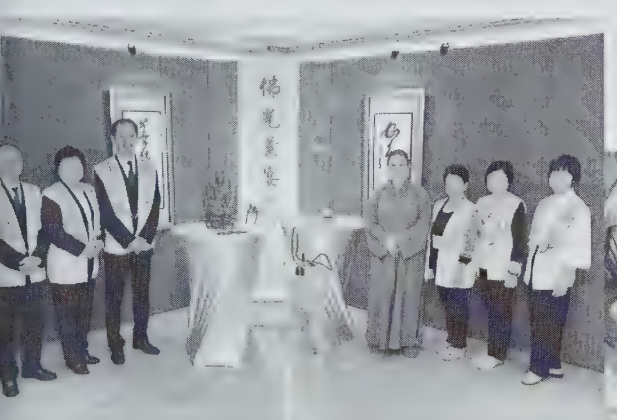
福慧青年團理事及義工（2013）
Fu Hui Youth Group's directors and volunteers



到四川探訪福慧贊助的學生（2010）
At Szechuan visiting students sponsored by Fu Hui Foundation



“加華幹細胞” 骨髓捐助場地義工（2011）
“One Match Stem Cell” campaign



佛光素宴（2014）
Fo Guang Shan's Vegetarian Banquet



前密市市長麥考蓮參加佛光園遊會（2010）
Former Mississauga Mayor Hazel McCallion took part in Fo Guang Shan event



為日本地震籌款
Raising funds for Japan earthquake



哈珀總理到訪佛光山（2015）
Prime Minister Harper visiting Fo Guang Shan

Ms. Ida Li

Ms. Ida Li is a full-time or even 'over-time' volunteer, one who has been doing it for 20 years. Since bidding farewell to her flourishing career in Hong Kong, where she was a career woman who indulged in shopping and a life of pleasures, Ida has evolved into a dedicated volunteer who enjoys helping others without seeking any returns. Today, she is Vice-president of Buddha's Light International Association (BLIA) of Toronto, serving as a bridge of communication between Fo Guang Shan and the community. She also participates in the work of many charitable organizations quietly, taking pride in doing perfect work for every job she does. Her spirit is the role model for all volunteers.

Ida says the Chinese Canadian Legend Award is the first award she has received in her whole life. It sounds implausible, but at the same time, one can see that she does not really care whether she gets praise or endorsement from others. Ida is only interested in doing her volunteer work behind the scenes. Others see her "masterpieces", rather than Ida herself. She says she has not taken too many pictures and does not even have a large selection of photos to choose from.

There have been no dramatic turns in the path that Ida has taken, and in fact she describes her life as smooth sailing on calm waters in a canal. However, she puts her whole loving heart into each big and small experience, each and every contact she makes in a day. She studies everything carefully and learns from her experiences with her heart and soul.

When one listens to Ida talking about her past, one discovers that every step taken seemed to have prepared her for her mission as a volunteer. Her experiences, knowledge and capabilities cumulated over the years

come into handy for her volunteer work to help those in need for the benefit of the community.

Ida was born and grew up in Hong Kong. Her parents started their business as street vendor and, after honing it through the sixties and seventies, gradually built up a stable family business. Hers was a typical middle-class family in Hong Kong. Ida's only regret was that her father passed away when she was only fourteen. Fortunately her family was a traditional Chinese family with tight family bonds. The youngest of six siblings, Ida feels she had a happy childhood, with her mother, four older brothers and sister taking very good care of her throughout those years.

After completing high school, she headed for Canada in 1977. In 1983 she received a Bachelor of Fine Arts degree at York University in Toronto. Following graduation Ida returned to Hong Kong to work, her first position being a production manager at a record company. After a decade of hard work and efforts, she landed a senior position as Advertising and Marketing Manager with a photographic equipment company.

When Ida is asked if she has always loved art since childhood, or ever dreams of becoming an artist, she says she has never intended to pursue a career in the arts. She likes beautiful things, so naturally she gravitated to visual arts. Cultivating a sixth sense for what looks beautiful did not lead her into art, and she worked in the business world instead. However, once she entered the "voluntary sector," she was able to fully utilize her talents and expertise in this area. Her interest has pushed her further to explore and develop her own potential.

Ida is responsible for the site layout, design, and décor at many charitable events. The success of a event, especially those with a theme,

is very much dependent on Ida and her team of volunteers creating a 'magical' atmosphere with the theme coming alive. Needless to say, being a fundraising event, this work must also be done at minimal cost within a pressing deadline. Those who work with Ida at events are often amazed at what she and her team can deliver with so little in such a short time.

A memorable experience Ida has is a Christmas 'Floral Celebration' workshop for mentally handicapped children, making it a special holiday for them. She was very much moved to see the outpouring of delight and joy on the mothers' faces when they received the homemade gifts from their children.

After the flowercraft workshop, Ida began to seriously study floral arrangements. In the last five years, she specialized in Japanese Ohara floral art, so that she could now teach flower arrangement classes at Fo Guang Shan.

In the 1980's, the family of Ida's husband, Glenn Chan, immigrated to Canada. After Ida's brother and sister also left Hong Kong for Toronto in 1990, Ida and Glenn began to think about their own plans for immigration. In 1993 they settled down in Toronto, giving up a comfortable home in Hong Kong, a stable high-paying job, an enviable lifestyle with chauffeur and maids, and a promising future.

In the early days after arrival, she and her husband together with her sister Ada founded a water softening business. Like many new immigrants, she tried to blend into the community, spending her leisure time singing, dancing and shopping. It was not a luxury lifestyle, but they had a stable income. In her comfortable surroundings, her community involvement was limited to making charitable donations.

In 1998, Fo Guang Shan held a world-wide members meeting in Toronto, and called upon a large group of volunteers to help out. It was Ida's first exposure to volunteer work . Over a thousand people from around the world attended the General Assembly of this meeitng, and Ida was responsible for the preparation of souvenirs unique to Canada. From that point onward, she was intrigued by the possibilities in designing arts and crafts and developing her own interest in that area.

Ida says what attracts her about volunteering is the joy she feels in giving, and of course one continues to do what makes one happy. At that time she was not a buddhist follower yet, but she officially joined the ranks of volunteers at Fo Guang Shan. Her first task was to make tea and cook noodles at the member teahouse. She has carried on this task once a week for over ten years now.

Since Ida joined Buddha's Light International Association (BLIA), she realizes that Buddhism is not only about a person's own religious practice, a Buddhist is also part of a community and society in the practice of 'humanistic buddhism'. So she began to participate in the many community events that Fo Guang Shan is involved in. She also takes on a leadership role. As an example, Ida led youths to participate in a government-sponsored "street festival" and United Way Walkathon. She helped organize various events: the Harvest Gala hosted by Yee Hong and the City of Markham, the silent auction at Harmony Network, centrepieces for the Scarborough General Hospital fundraising dinner event, just to list a few. She led her team of youth volunteers to participate in Canada's 'One-Match Stem Cell' campaign, and Chinese music and performing arts program for Asian Heritage Month.

In 2000, she joined Fo Guang Shan officially as a buddhist follower.

In 2009, she became Vice President of BLIA of Toronto, promoting greater involvement with community groups, helping old and new immigrants integrate into society through different initiatives, such as funding a scholarship program for the Social Work Department at the University of Toronto. Under her leadership, the association supported many events such as Mon Sheong 's Annual Fun Run, and the fundraising effort by Carefirst to build a "One-Stop Service Centre". Ida has made and continues to make an impact on community volunteerism and environmental protection.

Ida's work as a volunteer is bearing fruit as the years go by. She keeps on expanding her horizons and her circle of volunteers, to participate in the many events organized by other charitable groups.

In addition to local charities, Ida also joined Fu Hui Education Foundation in 2005. In the last ten years, she has participated in fund-raising efforts to help Chinese university students in Guangdong and Sichuan, as well as orphans in Liangshan. She is now on the Board of Fu Hui Education Foundation.

In 2007, when she learned that impoverished children in Brazilian slums were being recruited by drug traffickers, she sprang into action, advocating a fund-raising campaign 'Sons of Buddha' to help them. She also followed up by promoting healthy extracurricular activities for these children.

In 2009, she joined the volunteer organizing committee for the Golden Daffodil Ball, responsible for the décor and site layout of the event. The Golden Daffodil Ball Organizing Commitee puts on a spectacular gala every year in April to raise funds for Canadian Cancer Society.

Most recently, she has joined in the development phase of a nutrition

plan for aboriginals, and actively encourages young people to participate in fund-raising for this project.

At times, Ida says she could have five or six volunteer events on the go all at once and that she is responsible for various parts of those events. She likes to have a hands-on approach, no matter how big or small the task is. She says her secret to success is: "The most important thing is to work hard and put your heart into it ... Even if the work is difficult, it is a discipline."

She also admits that over the years she has experienced many highs and lows as a volunteer leader. There are people issues, and it is not easy to find good volunteers. In her eyes, all voluntary work is equally important; there is no good or bad volunteer work. Even sweeping a floor has its own value. She also believes that volunteers should not come and go as they please, nor avoid responsibility by saying "I'm just a volunteer". Volunteers have to be held accountable.

For the last twenty years, Ida has been practicing this volunteer spirit day in and day out. Not only has she motivated and inspired her own family and friends, but she has also encouraged the immigrant families around her, old or young, to contribute their time and resources to the community. Her own transformation has influenced her circle of friends that money used to help others will bring more happiness and fulfillment, which is the true meaning of "it is more blessed to give than to receive".

Her twenty years of dedicated volunteer work have not gone unnoticed as she continues her journey. She shares her motto for life:

"Happiness grows from optimism and contentment; freedom comes from seeing beyond and letting go."

彩虹的另一端

吳翠儀
紅楓傳奇作者

當你看到彩虹的時候，你會笑嗎？

這並非一個心理測驗，而是一種心理反射的察看，讓我們意識到眼目所見的，會對我們有不同程度的感染力。有趣的是，大多數人對這問題的答案都是“會的”。

彩虹和微笑，都是捉不到、留不住、瞬間即逝的“自然現象”。而且，看得見與否，還取決於那一瞬間你所處的位置和角度。

今年「紅楓傳奇」的六位得獎者，可說是與彩虹的“自然定律”相悖，因為他們都是那麼長久地散發著感染力、經年累月地映照出人生的精彩，當中又不乏眼看不到、鮮為人知的磨練、鍛鍊、以致修煉，換來一份老練。這都是“一剎那光輝”無可比擬的。

在訪問過程中，與受訪者一起走進時光隧道，想當年，回味兒時或少年歲月的足跡與夢想，是我最享受和投入的一部份；感覺就如走到彩虹的另一端，從另一角度去欣賞那七色組合。這些回憶與歷練，跟眾多獎項與榮譽相比之下，反而令人更感珍貴與實在。

二十年、三十年、五十年，可以是一個人的前半生、大半生，也可能是活過的一生。不管此生是否傳奇，我想，如果此刻無論處身那一點、高處抑或低處，臉上還可以掛著微笑的話，就是“活出彩虹”了。

彩虹人生

何湯淑芬
紅楓傳奇編輯

看見天上的彩虹，不禁讚嘆造物主的奇工。七種的顏色，各具特色，總有令人欣賞、喜悅的色彩。

彩虹多出現於雨後的晴天，彷彿告訴我，它的出現並非偶然，都是經得起歷練才讓人得以看見。就正如今屆紅楓傳奇得獎人物，許多都是長年累月地堅守信念，經得起風雨，才能讓我們得見他精彩的人生。

彩虹的出現，帶給人希望，讓人感到生機勃勃。同樣地紅楓傳奇人物是肩負著相同的使命：激勵別人，憤發圖強。

今屆得獎人物平均年齡都較過往年長，老當益壯，發熱發光，益發讓我們羨慕。活出彩虹，讓我們秉承著同一信念，積極努力地過每一天。



Chinese Canadian Legend Award Gala November 8, 2014


红楓傳奇
Chinese Canadian Legend Award Gala   November 8, 2014


Business Network Association
華商網絡協會
Press Conference April 24, 2015


Selection Committee Meeting 2015


Asian Business Network Association
華商網絡協會
紅楓傳奇
Announcement Reception 2015


Organizing Committee



Richard Charles Lee Canada - Hong Kong Library April 9, 2010

2015 Chinese Canadian Legend Award Recipients:

Helen Chan
Thomas Chang
John Chen
Chit-Chan Gunn
Alec Hou
Ida Li

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